

MEAL PLAN SHOPPING LIST

2015 | WEEK 8

Produce

6 celery
2 carrots
13 clove garlic
4 oz. baby bella mushrooms
2 organic lemon
2 yellow onion
1 TAB. fresh grated ginger
1 avocado
1 medium roma tomato
cilantro
sage
1 bag {6-8 oz.} spinach leaves

Deli

Uncured bacon
1 cooked rotisserie chicken
2 eggs

Fish/Meat

ground bison {2lb}
salmon {1 1/2 lb filet}
4 bone-in center cut pork chops

Dairy

feta cheese, crumbled {1/2 cup}
parmesan cheese, grated {1/2 cup}
italian blend cheese, shredded {1/2 cup}
plain non fat yogurt {1/2 cup}

Staples

4 oz. gluten free orzo pasta
1 cup orzo pasta { you could use gluten free pasta though recipe calls for regular}
4 cups low sodium chicken broth
1 cup vegetable broth
loaf of chunky bread, such as sourdough or tuscan
1 jar or can {14 oz.} quartered artichokes
gluten free italian panko breadcrumbs {1 cup}

Pantry Check List before you shop

Kosher Salt
Black Pepper
Extra Virgin Olive Oil {11 TBSP}
Low Sodium soy sauce {2TAB}
Coconut oil {2 TAB}
Bay leaves {2 leaves}
Dried Italian Seasoning {2 TAB}
Dried Red Pepper Flakes {1/4 tea.}
Frank's Hot Sauce {1TAB}
Worcestershire Sauce {1TAB}
Coconut milk {1/2 cup}
Honey {3TAB}
Bourbon {3TAB}
Chia Seeds {1TAB}
Unsalted Butter {4 TAB}
All Purpose flour {3TAB}

