

MEAL PLAN SHOPPING LIST

2015 | WEEK 7

Produce

2 1/2 lb tomatoes
10 garlic cloves
basil
cilantro
parsley
1 bunch asparagus
2 organic lemon
2 limes
2 sweet potatoes
yellow onion
shallot

Fish/Meat

Salmon filet {1lb}
Jumbo Shrimp {1lb}
Sirloin steak or Flank steak {2lb}
Organic boneless, skinless chicken breasts {2 large}

Dairy

1/2 cup grated parmesan cheese
1 1/2 cup grated manchego cheese {buy whole grate yourself}

Staples

Crusty whole grain bread or sourdough
1 can great northern beans
Low sodium chicken broth {2 cups}
green curry paste
roasted red pepper in water {1 jar}
capers

Frozen

10 oz. package frozen spinach
frozen peas

Pantry Check List before you shop

Extra Virgin olive oil {9.5TBS}
Sugar {2tsp}
Kosher salt {3tsp}
Sea Salt {pinch}
Ground black pepper {2tsp}
Unsalted butter {3TBS}
Salted butter {1 1/2TBS}
Gluten free panko breadcrumb {2TBS}
Egg {1}
Dried Italian Seasoning {1/2tsp}
Almond flour {1/4 cup}
Butcher twine

