

# MEAL PLAN SHOPPING LIST

## 2015 | WEEK 12

### Produce

2 yellow onion  
6 garlic cloves  
2 tsp ginger  
6 large radishes  
2 heads of broccoli  
2 red chili peppers  
4 jalapeno or serrano chilies  
5 large avocados  
2 carrot  
1 red bell pepper  
7 roma tomatoes  
1 head butter lettuce  
bean sprouts {1 cup}  
4 lime  
6 green onions | scallions  
cilantro

### Freezer

edamame {1 cup}

### Deli

2 large turkey breasts cooked {4 cups}

### Fish/Meat

shrimp {1/2 lb}  
chicken breasts, boneless, skinless {3lb}  
round steak or sirloin steak {1/2lb}

### Dairy

grated parmesan cheese  
unsalted butter {2TAB}  
sour cream {3/4 cup}

### Staples

low sodium chicken broth {7 cups}  
64 oz. organic beef broth  
1-28 oz. can whole tomatoes  
1-14.5 oz. can petite diced tomatoes  
3-15 oz. can black beans  
2-16 oz. jars salsa  
gluten free tortilla shells{soft}

### Pantry Check List before you shop

Salt  
Black Pepper  
Extra Virgin Coconut Oil {3 TAB}  
Low Sodium soy sauce {2 TAB}  
Sesame Oil {3 TAB}  
Rice Vinegar {2 TAB}  
Fish Sauce {1 tsp}  
Hoison Sauce or BBQ Sauce {2 TAB}  
Stir Fry Sauce {drizzle}  
Szechuan Spicy Sauce {drizzle}  
Honey {2 TAB}  
Sesame Seeds {2 TAB}  
Cashews {1/4 cup}  
Gluten free long grain rice {1/4 cup}  
Crushed Red Pepper Flakes {1/4 tsp}  
Curry Powder {1/2 tsp}  
Ground Cayenne {1/4 tsp}  
Dried Italian Seasoning {1 tsp}  
Star of Anise {5}  
Cinnamon Stick {1}  
White wine {1/4 cup}

