

MEAL PLAN SHOPPING LIST

2015 | WEEK 13

Produce

2 yellow onion
1 poblano pepper
1 serrano or jalapeno pepper
5 garlic cloves
1 leek
1 small fennel bulb
1 large carrot
1 shallot
2 celery stalks
1/2 cup sliced shittake mushrooms
3 cups baby spinach
cilantro
parsley
thyme
rosemary

Fish/Meat

boneless skinless chicken breast {3lb}
filet mignon steaks {4}
skinless salmon filet {1lb}
chorizo sausage {1/2lb}
pork chops {6}

Dairy

unsalted butter {2TBS}
finely grated parmesan cheese {4TBS}
blue cheese crumbled {1/2 cup}

Staples

1-14.5 oz. can petite diced organic tomatoes with jalapeno pepper
1 jar favorite salsa {gluten free}
2-14.5 oz. can black beans {gluten free}
chicken broth low sodium {2 cups}
vegetable broth {2 cups}
beef broth low sodium {3/4 cup}
basmati rice gluten free {2 cups}
roasted red peppers, jarred {3/4 cup}
potato gnocchi {16 oz.}

Pantry Check List before you shop

Salt
Black Pepper
Extra Virgin Olive Oil {1/4 cup}
Extra Virgin Coconut Oil {4TBS}
Grainy Mustard {2TBS}
Balsamic Vinegar {1/4 cup}
Crushed Red Pepper Flakes {1 1/2 tsp}
Bay Leaves {2}
Dried Italian Seasoning {1tsp}
Chipotle peppers in adobe sauce {2}
Red wine {1/2 cup}
Panko breadcrumbs gluten free {1/4cup}

