

MEAL PLAN SHOPPING LIST

2015 | WEEK 9

Produce

2 medium yellow onion
2 green bell pepper
1 red pepper
3 celery stalks
organic carrots {4-5}
6 garlic cloves
green onion
shallot
eggplant {1 1/4lb}
organic broccoli {12-16oz}
small bella mushrooms {15}
asparagus spears {1lb}
lime
cilantro
basil
parsley

Pantry Check List before you shop

Salt
Sea Salt
Black Pepper
Extra Virgin Olive Oil {4 1/2 TBSP}
Paprika {3 tsp}
Red Pepper flakes
Honey {1/4 cup}
Reduce Sodium Soy Sauce {7 TBSP}
Avocado Oil {6tsp}
Arrowroot {3-4tsp}
Cooking spray
Chili powder {1 tsp}
Garlic powder {1 tsp}
Cumin {1tsp}
Dried oregano {1/2 tsp}

Fish/Meat

Andouille Sausage {6 oz.}
medium shrimp {1lb.}
lean sirloin steak {1lb}
organic chicken breast {2-3lb}
sea bass {2-6oz.}

Dairy

1 egg
Pecorino Romano, grated {2 oz. + sprinkle}
Part skim Ricotta Cheese
shredded cheese {enough to garnish}
sour cream {enough to garnish}
guacamole {enough to garnish}

Staples

1-14.5 oz. can diced tomatoes with chilis
1 cup long grain gluten free rice
1 1/2 cup Italian seasoned breadcrumbs
1 jar tomato sauce {DeLallo Pomodoro Sauce}
whole wheat flour tortillas {8}

