

MEAL PLAN SHOPPING LIST

2015 | WEEK 10

Produce

6 garlic cloves
5 green onions
1 medium yellow onion
3 carrots
1 celery stalk
1 english cucumber
1 red bell pepper
1 poblano pepper
1 serrao chili
ginger {2 tea.}
baby spinach {4 cups}
3 avocado
sweet potatoes {2lb.}
2 lime
orange
cilantro

Deli

Uncured bacon

Fish/Meat

salmon, skin removed {1 1/2lb}
boneless pork shoulder {2lb.}
chicken tenders {1lb.}

Dairy

shredded cheese {1 cup}
goat cheese {3/4 cup}
queso cheese, grated {5 oz.}
sour cream {1/3 cup}
Manchego cheese, shredded {1/4 cup}
unsweetened coconut milk {1 1/4cup}

Staples

1-15 oz. can sweet corn
2-14.5 oz can refried black beans
gluten free corn tortillas {2 packages}
2-14.5 oz. red enchilada sauce
1-28ox. can petite diced tomatoes
macadamia nuts {1 1/2 cup}
1-14 oz. can coconut cream
low sodium chicken broth {2cups}

Pantry Check List before you shop

Kosher Salt
Black Pepper
Extra Virgin Olive Oil {2TBSP}
Coconut Oil {4TBSP}
Low Sodium soy sauce { cup}
Rice Vinegar {2TBSP}
Dijon Mustard {1TBSP}
Sesame Oil {2 tsp}
Sesame Seeds {1/2tsp.}
Cumin Seeds {2tsp.}
Dried Oregano {1tsp}
Paprika {1 TBSP}
Crushed Red Pepper Flakes {1TBSP}
White wine {1/4 cup}
Coconut aminos {1/4 cup}
Honey {1/4 cup}
Arrowroot {4 TBSP.}
Coconut Flour {1 cup}
Unsweetened Shredded Coconut {1/2 cup}
Large Eggs {2}

