

MEAL PLAN SHOPPING LIST

2015 | WEEK 11

Produce

7 green onions |scallions
10 garlic cloves
cherry or grape tomatoes {2 pint}
asparagus {1 1/2lb.}
1 bell pepper
1 jalapeno or serrano pepper
1 eggplant
cremini or button mushroom {2 cups}
1 medium yellow onion
1 red onion
2 celery stalks
parsley
oregano
basil

Deli

6 large eggs

Fish/Meat

large shrimp {1 1/2lb}
New York strip steak {3lb.}
ground turkey {1lb.}
boneless skinless chicken tenders {1 1/2lb}

Dairy

feta cheese {4oz.}
shredded mexican cheese {1/2 cup}

Staples

2-14.5oz cans petite cut diced tomatoes
1 15.5oz. can red kidney beans
1-15.5oz. can pinto beans
1 can salsa
1/2 cup black olives
12 oz. dried pasta
1 1/2 cup vegan marinara {if you want vegetarian}
2 cups gluten free basmati rice

Pantry Check List before you shop

Kosher Salt
Black Pepper
Extra Virgin Olive Oil {5 TBSP}
Coconut Oil {2 TBSP}
Low Sodium soy sauce {1/4 cup}
Sesame Oil {4 TBSP}
Sesame Seeds {1 TBSP}
Fleur de Sel {3 tsp,} or sea salt
Dried Oregano {2tsp}
Paprika {1/2 tsp}
Chili Powder {2 TBSP}
Cumin {1 tsp}
Sugar {2TBSP}
Sake or Dry Sherry {1 TBSP}
Sriracha

