

# MEAL PLAN SHOPPING LIST

## 2015 | WEEK 14

### Produce

1 large leek  
5 celery stalks  
3 carrots  
1 jalapeno pepper  
3 garlic clove  
cilantro  
parsley  
1 red bell pepper  
2-3 mixed color bell peppers  
1 red onion  
1 yellow onion  
1 white onion  
1/4 cup diced pineapple  
4 oz. portabello mushrooms  
4 lime  
avocado

### Deli/Freezer

Uncured bacon  
1 cup cooked chicken {grilled chicken breast would work}  
1 egg  
1 bag frozen organic corn

### Fish/Meat

12 oz. canned lump crabmeat  
3 lb. well marbled chuck beef stew, cubed  
2 lb. skirt steak  
4-6 boneless, skinless chicken breasts {about 2.5 lb}

### Dairy

Unsweetened Coconut Milk  
3/4 cup mozzarella cheese  
1 heel of parmesan cheese rind {find in cheese counter}{optional}  
1 cup grated parmesan cheese  
sour cream {topping for fajitas}

### Staples

2 cups chicken broth  
2 cups beef broth  
1 can coconut cream  
1-8oz. package gluten free gnocchi  
18-6" flour tortillas  
1 cup Italian breadcrumbs  
1 jar favorite marinara sauce  
Habanero Honey Barbecue Sauce  
Pizza Sauce

### Pantry Check List before you shop

Salt  
Black Pepper  
Extra virgin coconut oil {8 TAB}  
Soy sauce {1/3 cup}  
Canola Oil {1/3 cup}  
Arrowroot flour {3 TAB}  
Coconut Flour {1/2 cup}  
Honey {1 1/2 tea}  
Tomato Paste {2TAB}  
Pizza yeast {1 package}  
Old bay seasoning {1 TAB}  
Bay leaves {2}  
Dried Italian Seasoning {1tea}  
Cumin {1 tea}  
Chile Powder {1 tea}  
1/2 bottle of hearty red wine  
1 bottle of guinness beer  
white whole wheat flour {13/4 cup}

