

GROCERY SHOPPING LIST

WEEK 3

MEAL PLAN (CLICK TO GO TO BLOG POST):

1. Buffalo Chicken Stuffed Sweet Potatoes
2. Orange Sesame Chicken & Broccoli
3. Blackened Salmon with Peach Salsa
4. German Pork Chops and Sauerkraut
5. Sloppy Joe Baked Potatoes
6. Chicken Pad Thai
7. Sausage and Kale Stuffed Acorn Squash

PROTEIN

- 4 lb. Chicken Breasts
- 4 6 oz. Salmon Fillets, skin on
- 1.5 – 2 lbs. Boneless Pork Chops, about 1/2 inch thick
- 1 lb Lean Ground Beef
- 2 Eggs*
- 1 lb Ground Sausage

PANTRY

- Coconut Aminos
- Chicken Broth*
- Ghee
- Onion Powder
- Garlic Powder
- Arrowroot Powder
- Paprika
- Sesame Seeds
- Cumin
- Cayenne Powder
- Chili Powder
- Chinese 5 Spice
- Almond, Cashew, or Sun Butter
- Caraway Seeds
- Dates, 5-7
- Sesame oil
- Avocado or Olive Oil
- Unsalted Cashews
- Ketchup
- Diced Tomatoes, 1 can
- Coconut Milk or Coconut Cream, 1 can
- Hot Sauce
- Fish Sauce
- Apple Cider Vinegar
- Tomato Paste, 1 can
- Ranch Dressing
- Sauerkraut, 18 oz.

PRODUCE

- Sweet Potatoes, 4
- Celery
- Broccoli Florets, 4 cups, about 2 heads
- Oranges, 2
- Acorn Squash, 2
- Green Onion, 1 bunch
- Baby Bella Mushrooms, 8 oz.
- Frozen Cauli Rice, 2 bags
- Ginger, 1 inch
- Garlic, 1 bulb
- Peaches, 3
- Avocado, 1
- Red Onion, 1
- Jalapeno, 1
- Cilantro
- Kale, 1 bunch
- Limes, 4
- Russet Potatoes, 8-10
- Apple, 1
- Onion,* 1
- Bell Pepper, 1
- Daikon Radishes, 2-3
- Bean Sprouts
- Parsley
- Fresh Thyme