

GROCERY SHOPPING LIST

WEEK 1

MEAL PLAN (CLICK TO GO TO BLOG POST):

1. Classic Pot Roast
2. Beef & Broccoli Stir Fry
3. Egg Roll in a Bowl
4. Pineapple Pork Chops
5. Chorizo, Potato & Kale Frittata
6. Chicken & Bacon Caesar Salad
7. Sheetpan Salmon & Brussels Sprouts

PROTEIN

- Chuck Roast, 2.5 - 3 lb.
- Flank Steak or Skirt Steak, 1 lb.
- Ground Turkey, 1 lb.
- Salmon (a side or fillets), 1.5 - 2 lb.
- Eggs, 12 Large
- Boneless Pork Chops, 2 lbs.
- Ground Chorizo Sausage, 1/2 lb.
- Chicken Breasts, 1 lb.
- Sugar-Free Bacon,* 8 oz..

PANTRY

- Beef Stock, 2 cups
- Vegetable Stock, 1/3 cup
- Onion Powder
- Garlic Powder
- Fresh or Dried Parsley
- Sesame Seeds
- Arrowroot Powder
- Coconut Aminos
- Avocado Oil or Olive Oil
- Sesame Oil
- Hot Sauce*
- Mayonnaise
- Pineapple Juice
- Balsamic Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- Anchovies in Oil, 1 can
- Nutritional Yeast
- Dijon Mustard

PRODUCE & REFRIGERATED

- Onions, 3
- Carrots, 8 large
- Red Potatoes, 6
- Fresh Rosemary
- Fresh Thyme
- Fresh Cilantro
- Cauliflower, 1 head (or frozen cauliflower rice)
- Green Onions, 1 bunch
- Garlic, 2 bulbs
- Shallot, 1
- Dates (2-3)
- Shredded Cabbage or Cole Slaw Mix, 16 oz.
- Pineapple, 1 (or 1 bag Frozen Diced Pineapple)
- Lime, 1
- Lemons, 2
- Kale, 1 head
- Broccoli, 2 heads or (4-6 cups florets)
- Romaine Lettuce, 2 heads
- Brussels Sprouts, 1 lb.
- Ginger, about 2 inches
- Unflavored Almond Milk