

# GROCERY SHOPPING LIST

## WEEK 2

### MEAL PLAN (CLICK TO GO TO BLOG POST):

1. Sweet Potato Turkey Burgers with Chipotle Ketchup
2. Chicken Fajita Stuffed Peppers
3. Swedish Meatballs
4. Thai Lettuce Wraps
5. Taco Loaded Sweet Potato Wedges
6. Tomato-Basil Grilled Turkey Breast Salad
7. Big Mac Potato Skins

### PROTEIN

- 1 lb. Ground Turkey
- 3 Large Eggs
- 1 lb. Ground Pork
- 1 lb. Chicken Breasts, or use pre-cooked Rotisserie Chicken
- 4 lbs. Ground Beef
- 1 lb. Turkey Breast Cutlets or sub Chicken Breasts

### PANTRY

- Coconut Flour
- Almond Flour
- Canned Chipotle Peppers or Chipotle Powder
- Ketchup
- Diced Tomatoes, 1 can
- Salsa of Choice
- Beef Stock (2 cups)
- Dried Basil
- Chili Powder
- Garlic Powder
- Nutmeg
- Cumin
- Onion Powder
- Onion Flakes
- Oregano
- Dill
- Sesame Seeds
- Coconut Flakes
- Mayonnaise
- Balsamic Vinegar
- Relish,\* small jar
- Dill Pickles, small jar
- Ghee, Avocado or Olive Oil
- Coconut Cream
- Arrowroot Powder
- Sesame Oil
- Coconut Aminos
- Chili Garlic Sauce (or sub Hot Sauce + dash of Fish Sauce)
- Tomato Paste, 1 can
- Red Wine Vinegar

### PRODUCE

- Sweet Potatoes, 7-8
- Cilantro
- Limes, 2
- Onions, 2
- Fresh Dill
- Fresh Parsley
- Russet Potatoes, 8 medium
- Garlic, 1 bulb
- Cauliflower Rice, 2 bags
- Avocados, 4
- Unsalted Cashews
- Ginger, 1 inch
- Green Onion, 1 bunch
- Fresh Basil, 1 bunch
- Cucumber, 1
- Shallot, 1
- Butter Lettuce, 2 heads
- Romaine Lettuce, 2 heads
- Cherry Tomatoes, 1 pint
- Bell Peppers, 5
- Zucchini, 3 (or Zucchini Noodles)\* for Meatballs
- Cauliflower or Potatoes to serve with Swedish Meatballs\*