

GROCERY SHOPPING LIST

WEEK 4

MEAL PLAN (CLICK TO GO TO BLOG POST):

1. Italian Lamb Meatballs with Broccoli Rabe
2. Orange Sesame Chicken Meatballs and Broccoli
3. Veggie Loaded Breakfast Casserole
4. Asian Steak, Asparagus and Mushroom Kebabs
5. Shepherd's Pie
6. Butter Chicken
7. Kielbasa and Butternut Squash Skillet

PROTEIN

- Ground Lamb, 1 lb.
- Eggs, 13 Large
- Ground Chicken, 1 lb.
- Ribeye Steak, 1 lb.
- Kielbasa, 10-12 oz.
- Ground Beef or Lamb, 1 lb.
- Chicken, 2 lbs. (Preferably thighs for more flavor or breasts)

PANTRY

- Coconut Aminos
- Ghee
- Pine Nuts (1/4 cup)
- Golden Raisins
- Sesame Seeds
- Almond Flour
- Red Pepper Flakes*
- Olive Oil
- Sesame Oil
- Almond Butter
- Apple Cider Vinegar
- Full Fat Coconut Milk, 1 can
- Coconut Cream, 1 can
- Nutritional Yeast*
- Turmeric
- Chinese 5 Spice
- Cumin
- Garlic Powder
- Coriander
- Mustard Seeds
- Oregano
- Thyme
- Garam Masala
- Tomato Paste, 1 small can
- Beef Stock, 1 can/box
- Arrowroot Powder
- Crushed Tomatoes, 1 can

PRODUCE

- Garlic, 3 heads
- Onions, 3
- Russet Potatoes, 9-10
- Parsley
- Red Onion, 1
- Baby Spinach, 2 cups
- Roma Tomatoes, 2
- Cilantro, 1 bunch
- Celery, 1 rib
- Lemons, 2
- Oranges, 4
- Dates, 4
- Green Onions
- Baby Bella Mushrooms, 1 pint
- Jalapeno,* 1
- Cauliflower Rice, 4 cups
- Carrots, 3
- Broccoli Rabe or Broccolini
- Cherry Tomatoes, 1 pint
- Ginger, 3 inches
- Limes, 2
- Kale, 1 bunch
- Butternut Squash, 1
- Green Beans, 1 cup
- Asparagus, 1 bunch
- Broccoli Florets, 4 cups