

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

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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*

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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

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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