



Shopping List

Week of August 12 - August 18

FRUITS AND VEGETABLES

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 1/2 cup(s)	artichoke hearts	Mediterranean Tuna Salad
<input type="checkbox"/> 4 cup(s)	arugula, baby	Arugula and Leek Frittata
<input type="checkbox"/> 1 medium	avocado(s)	Green Smoothie Bowls
<input type="checkbox"/> 4 medium	banana(s)	Blackberry Thyme Smoothie, Green Smoothie Bowls
<input type="checkbox"/> 1 medium	bell pepper(s), red	Three Pepper Pork Stew
<input type="checkbox"/> 1 medium	bell pepper(s), yellow	Three Pepper Pork Stew
<input type="checkbox"/> 2 cup(s)	berries, fresh	Monday Snack, Tuesday Snack
<input type="checkbox"/> 2 cup(s)	blackberries, frozen	Blackberry Thyme Smoothie
<input type="checkbox"/> 1/2 cup(s)	cabbage-shredded	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/> 2 small	carrot(s)	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/> 2 medium	carrot(s)	Lamb Fried Rice
<input type="checkbox"/> 1 head(s)	cauliflower	Lamb Fried Rice
<input type="checkbox"/> 1 medium	celery stalk(s)	Paleo Shepherd's Pie
<input type="checkbox"/> 2 cup(s)	greens, mixed	Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/> 2 medium	jalapeno pepper(s)	Three Pepper Pork Stew
<input type="checkbox"/> 3/4 medium	leek(s)	Arugula and Leek Frittata
<input type="checkbox"/> 1 teaspoon(s)	lemon juice	Almond Macaroons
<input type="checkbox"/> 1 teaspoon(s)	lemon zest	Almond Macaroons
<input type="checkbox"/> 3 1/2 medium	lemon(s), juiced	Mediterranean Tuna Salad, Quick Pan Seared Scallops, Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/> 4 large	lettuce leaves	Mediterranean Tuna Salad
<input type="checkbox"/> 2 tablespoon(s)	lime juice	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/> 2 medium	lime(s), juiced	Blackberry Thyme Smoothie, Three Pepper Pork Stew
	mushrooms, white button, cremini	Paleo Shepherd's Pie

<input type="checkbox"/>	1/4 pound(s)	or shitaake	
<input type="checkbox"/>	2 medium	onion(s)	Three Pepper Pork Stew, Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	1 small	onion(s)	Lamb Fried Rice
<input type="checkbox"/>	6 medium	onion(s), green	Lamb Fried Rice, Lamb Fried Rice, Paleo Shepherd's Pie
<input type="checkbox"/>	1/2 medium	onion(s), red	Paleo Shepherd's Pie
<input type="checkbox"/>	1 medium	onion(s), yellow	Paleo Spaghetti Squash Breakfast Bake
<input type="checkbox"/>	1/2 medium	orange(s), juiced	Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/>	3 medium	parsnip(s)	Paleo Shepherd's Pie
<input type="checkbox"/>	1/2 cup(s)	peas	Lamb Fried Rice
<input type="checkbox"/>	1 cup(s)	pineapple	Green Smoothie Bowls
<input type="checkbox"/>	1 medium	radish(es)	Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/>	2 small	shallot(s)	Quick Pan Seared Scallops
<input type="checkbox"/>	1 medium	spaghetti squash	Paleo Spaghetti Squash Breakfast Bake
<input type="checkbox"/>	3 cup(s)	spinach	Green Smoothie Bowls, Scrambled Eggs with Bacon and Vegetables
<input type="checkbox"/>	1/2 cup(s)	spinach, baby	Blackberry Thyme Smoothie
<input type="checkbox"/>	1/2 cup(s)	strawberries, fresh	Green Smoothie Bowls
<input type="checkbox"/>	1 cup(s)	sugar snap peas	Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/>	1 1/2 medium	sweet potato(es)	Paleo Spaghetti Squash Breakfast Bake, Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	3 large	sweet potato(es)	Baked Sweet Potato Fries
<input type="checkbox"/>	1 medium	tomato(es)	Scrambled Eggs with Bacon and Vegetables
<input type="checkbox"/>	1/2 cup(s)	tomatoes, cherry or grape	Arugula and Leek Frittata
<input type="checkbox"/>	1/2 cup(s)	tomatoes, sun-dried	Mediterranean Tuna Salad
<input type="checkbox"/>	1	toppings of choice for burger	Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	4 1/2 medium	zucchini	Spicy Sesame Almond Zucchini Noodles, Scrambled Eggs with Bacon and Vegetables, Paleo Shepherd's Pie

MEATS AND EGGS

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 5 slice(s)	bacon	Scrambled Eggs with Bacon and Vegetables, Paleo Shepherd's Pie
<input type="checkbox"/> 1 pound(s)	beef, ground	Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/> 2 medium	egg white(s)	Almond Macaroons
<input type="checkbox"/> 8 large	egg white(s)	Paleo Shepherd's Pie
<input type="checkbox"/> 26 large	egg(s)	Paleo Spaghetti Squash Breakfast Bake, Lamb Fried Rice, Arugula and Leek Frittata, Scrambled Eggs with Bacon and Vegetables
<input type="checkbox"/> 1½ pound(s)	lamb loin	Lamb Fried Rice
<input type="checkbox"/> 2 pound(s)	pork shoulder roast	Three Pepper Pork Stew
<input type="checkbox"/> ¾ pound(s)	salmon	Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/> 24 medium	scallops, sea	Quick Pan Seared Scallops
<input type="checkbox"/> 4 piece(s)	turkey breast cutlet(s) (4-6 oz)	Apple Glazed Turkey Breast
<input type="checkbox"/> 1¼ pound(s)	turkey, ground	Paleo Shepherd's Pie

DRY GOODS

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> ⅔ cup(s)	almond butter	Green Smoothie Bowls, Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/> ½ cup(s)	almond milk, unsweetened	Green Smoothie Bowls
<input type="checkbox"/> ½ cup(s)	apple juice, unsweetened	Apple Glazed Turkey Breast
<input type="checkbox"/> 4½ cup(s)	chicken broth	Three Pepper Pork Stew, Apple Glazed Turkey Breast
<input type="checkbox"/> 1 cup(s)	coconut milk, full fat	Blackberry Thyme Smoothie, Arugula and Leek Frittata
<input type="checkbox"/> 1 can(s)	coconut milk, full fat (403 mL)	Coconut Whipped Cream
<input type="checkbox"/> ¼ cup(s)	coconut, unsweetened shredded	Green Smoothie Bowls
<input type="checkbox"/> ½ cup(s)	olive(s), kalamata	Mediterranean Tuna Salad
<input type="checkbox"/> 1 medium	roasted red pepper(s)	Mediterranean Tuna Salad
<input type="checkbox"/> 3 tablespoon(s)	tomato paste	Three Pepper Pork Stew
<input type="checkbox"/> 1 can(s)	tuna (6 oz)	Mediterranean Tuna Salad

OILS AND CONDIMENTS

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 1 teaspoon(s)	apple cider vinegar	Lamb Fried Rice
<input type="checkbox"/> 1 teaspoon(s)	balsamic vinegar	Arugula and Leek Frittata
<input type="checkbox"/> 3 tablespoon(s)	coconut aminos	Lamb Fried Rice
<input type="checkbox"/> 1/3 cup(s)	coconut oil	Paleo Shepherd's Pie, Paleo Spaghetti Squash Breakfast Bake, Arugula and Leek Frittata, Apple Glazed Turkey Breast
<input type="checkbox"/> 1/4 cup(s)	honey, raw	Almond Macaroons
<input type="checkbox"/> 1 tablespoon(s)	molasses	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/> 1 teaspoon(s)	mustard, dijon	Mediterranean Tuna Salad
<input type="checkbox"/> 17 tablespoon(s)	olive oil	Mediterranean Tuna Salad, Three Pepper Pork Stew, Quick Pan Seared Scallops, Chipotle Burgers with Grilled Sweet Potatoes, Arugula and Leek Frittata, Baked Sweet Potato Fries, Salmon with Spring Pea and Citrus Salad, Paleo Shepherd's Pie
<input type="checkbox"/> 3 tablespoon(s)	sesame oil	Lamb Fried Rice
<input type="checkbox"/> 1/3 cup(s)	sesame oil, toasted	Spicy Sesame Almond Zucchini Noodles

NUTS AND SEEDS

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 1/4 cup(s)	almonds	Almond Macaroons
<input type="checkbox"/> 1/2 cup(s)	pecans	Green Smoothie Bowls
<input type="checkbox"/> 1 tablespoon(s)	sesame seeds, toasted	Green Smoothie Bowls
<input type="checkbox"/> 1/3 cup(s)	sunflower seeds, toasted	Salmon with Spring Pea and Citrus Salad

HERBS AND SPICES

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 1 tablespoon(s)	Italian seasoning	Paleo Shepherd's Pie
<input type="checkbox"/> 2/3 cup(s)	basil, fresh	Mediterranean Tuna Salad, Three Pepper Pork Stew
<input type="checkbox"/> 4 ² / ₃ teaspoon(s)	black pepper	Paleo Spaghetti Squash Breakfast Bake, Mediterranean Tuna Salad, Three Pepper Pork Stew, Quick Pan Seared Scallops, Chipotle Burgers with Grilled Sweet Potatoes, Arugula and Leek Frittata, Apple Glazed Turkey Breast, Baked Sweet Potato Fries,

			Salmon with Spring Pea and Citrus Salad, Paleo Shepherd's Pie
<input type="checkbox"/>	1 teaspoon(s)	celery salt	Paleo Shepherd's Pie
<input type="checkbox"/>	1 teaspoon(s)	chili powder	Three Pepper Pork Stew
<input type="checkbox"/>	1 teaspoon(s)	chipotle, ground	Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	1 cup(s)	cilantro, fresh	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/>	$\frac{2}{3}$ teaspoon(s)	cinnamon	Coconut Whipped Cream, Green Smoothie Bowls, Almond Macaroons
<input type="checkbox"/>	1 teaspoon(s)	cumin	Baked Sweet Potato Fries
<input type="checkbox"/>	$\frac{1}{2}$ teaspoon(s)	cumin seed, whole	Three Pepper Pork Stew
<input type="checkbox"/>	10 medium	garlic clove(s)	Three Pepper Pork Stew, Lamb Fried Rice, Arugula and Leek Frittata, Apple Glazed Turkey Breast, Scrambled Eggs with Bacon and Vegetables
<input type="checkbox"/>	$\frac{1}{4}$ tablespoon(s)	garlic powder	Chipotle Burgers with Grilled Sweet Potatoes, Paleo Spaghetti Squash Breakfast Bake
<input type="checkbox"/>	3 teaspoon(s)	ginger, fresh	Spicy Sesame Almond Zucchini Noodles, Lamb Fried Rice, Apple Glazed Turkey Breast
<input type="checkbox"/>	2 tablespoon(s)	mint, fresh	Mediterranean Tuna Salad
<input type="checkbox"/>	$\frac{1}{2}$ teaspoon(s)	onion powder	Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	1 teaspoon(s)	onion salt	Paleo Shepherd's Pie
<input type="checkbox"/>	1 teaspoon(s)	paprika	Chipotle Burgers with Grilled Sweet Potatoes
<input type="checkbox"/>	1 cup(s)	parsley, fresh	Quick Pan Seared Scallops, Paleo Spaghetti Squash Breakfast Bake, Mediterranean Tuna Salad, Paleo Shepherd's Pie
<input type="checkbox"/>	$\frac{1}{2}$ teaspoon(s)	red pepper flakes	Spicy Sesame Almond Zucchini Noodles
<input type="checkbox"/>	$4\frac{1}{2}$ teaspoon(s)	sea salt	Paleo Spaghetti Squash Breakfast Bake, Mediterranean Tuna Salad, Three Pepper Pork Stew, Quick Pan Seared Scallops, Chipotle Burgers with Grilled Sweet Potatoes, Arugula and Leek Frittata, Apple Glazed Turkey Breast, Baked Sweet Potato Fries, Salmon with Spring Pea and Citrus Salad
<input type="checkbox"/>	5 tablespoon(s)	tarragon, fresh	Paleo Spaghetti Squash Breakfast Bake, Apple Glazed Turkey Breast
<input type="checkbox"/>	$\frac{1}{4}$ tablespoon(s)	thyme, fresh	Blackberry Thyme Smoothie, Paleo Spaghetti Squash Breakfast Bake
<input type="checkbox"/>	$\frac{1}{4}$ teaspoon(s)	turmeric	Green Smoothie Bowls
		vanilla	Coconut Whipped Cream

1/8 teaspoon(s)

OTHER

QUANTITY	ITEM NAME	USED IN
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