



Shopping List

Week of August 26 - September 01

FRUITS AND VEGETABLES

<input type="checkbox"/>	1 medium	apple(s), tart	<input type="checkbox"/>	7 cup(s)	arugula
<input type="checkbox"/>	12 medium	asparagus spears	<input type="checkbox"/>	4 $\frac{1}{2}$ medium	avocado(s)
<input type="checkbox"/>	2 large	avocado(s)	<input type="checkbox"/>	3 medium	banana(s)
<input type="checkbox"/>	2 medium	bell pepper(s), red	<input type="checkbox"/>	1 cup(s)	berries, fresh
<input type="checkbox"/>	4 head(s)	bok choy, baby	<input type="checkbox"/>	4 cup(s)	brussels sprouts
<input type="checkbox"/>	$\frac{1}{2}$ head(s)	cabbage(s), green	<input type="checkbox"/>	$\frac{1}{2}$ head(s)	cabbage(s), red
<input type="checkbox"/>	1 head(s)	cauliflower	<input type="checkbox"/>	1 large	celeriac root(s)
<input type="checkbox"/>	2 small	chili pepper(s)	<input type="checkbox"/>	2 medium	cucumber(s)
<input type="checkbox"/>	1 bunch(es)	kale, lacinato	<input type="checkbox"/>	1 medium	lemon(s)
<input type="checkbox"/>	3 $\frac{1}{2}$ medium	lemon(s), juiced	<input type="checkbox"/>	1 small	lemon(s), juiced
<input type="checkbox"/>	1 head(s)	lettuce, Iceburg or Bibb	<input type="checkbox"/>	$\frac{1}{2}$ medium	lime(s)
<input type="checkbox"/>	1 medium	lime(s), juiced	<input type="checkbox"/>	8 medium	mushroom(s), portobello
<input type="checkbox"/>	4 medium	mushroom(s), white button	<input type="checkbox"/>	2 small	onion(s)
<input type="checkbox"/>	2 medium	onion(s)	<input type="checkbox"/>	6 medium	onion(s), green
<input type="checkbox"/>	1 $\frac{1}{2}$ small	onion(s), red	<input type="checkbox"/>	$\frac{1}{4}$ medium	onion(s), red
<input type="checkbox"/>	2 small	onion(s), yellow	<input type="checkbox"/>	$\frac{1}{4}$ medium	onion(s), yellow
<input type="checkbox"/>	1 $\frac{1}{2}$ cup(s)	pineapple	<input type="checkbox"/>	6 small	plum(s)
<input type="checkbox"/>	4 medium	radish(es)	<input type="checkbox"/>	1 cup(s)	spinach
<input type="checkbox"/>	4 cup(s)	spinach, baby	<input type="checkbox"/>	2 medium	sweet potato(es)
<input type="checkbox"/>	9 medium	tomato(es)	<input type="checkbox"/>	8 medium	tomato(es), roma
<input type="checkbox"/>	1 large	zucchini			

MEATS AND EGGS

<input type="checkbox"/>	4 slice(s)	bacon (thick)	<input type="checkbox"/>	$\frac{1}{2}$ pound(s)	beef - steak(s), boneless
<input type="checkbox"/>	1 pound(s)	beef, ground	<input type="checkbox"/>	$\frac{3}{4}$ pound(s)	chicken thighs, boneless, skinless
<input type="checkbox"/>	4 piece(s)	chicken thighs, boneless, skinless (4 oz)	<input type="checkbox"/>	1 pound(s)	cod fillet(s)
			<input type="checkbox"/>	20 large	egg(s)
<input type="checkbox"/>	$\frac{3}{4}$ pound(s)	ham	<input type="checkbox"/>	4 piece(s)	pork chops, (4-6 oz)

<input type="checkbox"/>	1½ pound(s)	pork shoulder roast	<input type="checkbox"/>	1 pound(s)	pork, ground
<input type="checkbox"/>	4 ounce(s)	salmon, smoked	<input type="checkbox"/>	1 pound(s)	shrimp, jumbo
<input type="checkbox"/>	1 pound(s)	turkey, ground			

DRY GOODS

<input type="checkbox"/>	2½ cup(s)	almond flour	<input type="checkbox"/>	1 teaspoon(s)	baking soda
<input type="checkbox"/>	½ cup(s)	broth	<input type="checkbox"/>	2½ cup(s)	chicken broth
<input type="checkbox"/>	1 cup(s)	chocolate chips, dark	<input type="checkbox"/>	1 cup(s)	coconut flour
<input type="checkbox"/>	1¼ cup(s)	coconut milk, full fat	<input type="checkbox"/>	½ cup(s)	olives, green or black
<input type="checkbox"/>	4 medium	pepperoncinis	<input type="checkbox"/>	3 tablespoon(s)	pepperoncinis brine

OILS AND CONDIMENTS

<input type="checkbox"/>	3 tablespoon(s)	apple cider vinegar	<input type="checkbox"/>	6 tablespoon(s)	avocado oil
<input type="checkbox"/>	2 teaspoon(s)	balsamic vinegar	<input type="checkbox"/>	⅔ cup(s)	coconut oil
<input type="checkbox"/>	⅔ cup(s)	ghee	<input type="checkbox"/>	⅓ cup(s)	honey, raw
<input type="checkbox"/>	2 teaspoon(s)	mustard, dijon	<input type="checkbox"/>	9 tablespoon(s)	olive oil
<input type="checkbox"/>	2 tablespoon(s)	olive oil, extra virgin	<input type="checkbox"/>	¼ cup(s)	red wine vinegar
<input type="checkbox"/>	1 tablespoon(s)	salsa			

NUTS AND SEEDS

<input type="checkbox"/>	1¼ cup(s)	almonds	<input type="checkbox"/>	2 tablespoon(s)	pumpkin seeds, raw
<input type="checkbox"/>	2 tablespoon(s)	sunflower seeds, raw	<input type="checkbox"/>	¼ cup(s)	sunflower seeds, toasted

HERBS AND SPICES

<input type="checkbox"/>	1 tablespoon(s)	Italian seasoning	<input type="checkbox"/>	4¼ teaspoon(s)	black pepper
<input type="checkbox"/>	2 tablespoon(s)	capers	<input type="checkbox"/>	½ teaspoon(s)	cayenne pepper
<input type="checkbox"/>	¼ teaspoon(s)	chili powder	<input type="checkbox"/>	1 tablespoon(s)	chives, fresh
<input type="checkbox"/>	3¼ cup(s)	cilantro, fresh	<input type="checkbox"/>	2 teaspoon(s)	cinnamon
<input type="checkbox"/>	2¼ tablespoon(s)	cumin	<input type="checkbox"/>	17 medium	garlic clove(s)
<input type="checkbox"/>	1 teaspoon(s)	ginger, fresh	<input type="checkbox"/>	½ teaspoon(s)	kosher salt
<input type="checkbox"/>	½ teaspoon(s)	nutmeg, ground	<input type="checkbox"/>	1 tablespoon(s)	optional seasonings for cauliflo
<input type="checkbox"/>	1 teaspoon(s)	paprika	<input type="checkbox"/>	2 tablespoon(s)	parsley, fresh
<input type="checkbox"/>	2 teaspoon(s)	sage, dried	<input type="checkbox"/>	7¼ teaspoon(s)	sea salt
<input type="checkbox"/>	¾ teaspoon(s)	thyme, dried	<input type="checkbox"/>	½ teaspoon(s)	turmeric
<input type="checkbox"/>	1⅓ tablespoon(s)	vanilla			

OTHER

1 1/2 cup(s)

ice

1 tablespoon(s)

water

1 cup(s)

water, cold
