



# Shopping List

Week of September 16 - September 22

## FRUITS AND VEGETABLES

9 medium	apple(s)	3 small	apple(s)
4 cup(s)	arugula, baby	2 medium	avocado(s)
2 small	avocado(s)	1 medium	bell pepper(s), green
1/2 medium	bell pepper(s), red	1 cup(s)	berries, fresh
2 head(s)	broccoli	1/4 head(s)	cabbage(s), green
1/2 medium	cantaloupe(s)	2 large	carrot(s)
1 head(s)	cauliflower	4 medium	celery stalk(s)
1 large	celery stalk(s)	4 cup(s)	greens, mixed
3 medium	jalapeno pepper(s)	1/2 cup(s)	lemon juice
3 medium	lemon(s), juiced	1 head(s)	lettuce, romaine heart(s)
1/2 medium	lime(s)	1/2 medium	lime(s), juiced
2 medium	mushroom(s), portobello	3 medium	onion(s)
5 medium	onion(s), green	3/4 medium	onion(s), red
1/2 medium	onion(s), yellow	4 tablespoon(s)	raisins
1/4 cup(s)	sauerkraut, raw	8 cup(s)	spinach
4 cup(s)	spinach, baby	1 medium	summer squash(s), yellow
9 medium	tomato(es)	1 large	tomato(es)
1 medium	zucchini	1 small	zucchini

## MEATS AND EGGS

1/2 pound(s)	Italian sausage	8 slice(s)	bacon
1 pound(s)	beef - petite sirloin steak(s)	1 pound(s)	beef, ground
3/4 pound(s)	chicken breasts, boneless, skinless	6 piece(s)	chicken thighs, (6 oz)
		21 large	egg(s)
3/4 pound(s)	ham	1 package(s)	ham, prosciutto, sliced (4 oz.)
1 pound(s)	lamb, ground	4 piece(s)	pork loin chops (4-6 oz)
	pork, ground		turkey breast cutlet(s) (4-6 oz)

<input type="text"/>	1/2 pound(s)	<input type="text"/>	4 piece(s)
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## DRY GOODS

<input type="text"/>	1/2 cup(s)	apple juice, unsweetened	<input type="text"/>	8 tablespoon(s)	cashew butter
<input type="text"/>	3/4 cup(s)	chicken broth	<input type="text"/>	3/4 cup(s)	coconut milk, full fat
<input type="text"/>	1 can(s)	sardines (4-6 oz)	<input type="text"/>	2 can(s)	tuna in oil

## OILS AND CONDIMENTS

<input type="text"/>	2/3 cup(s)	Paleo mayonnaise	<input type="text"/>	2 cup(s)	applesauce, unsweetened
<input type="text"/>	1 tablespoon(s)	balsamic vinegar	<input type="text"/>	1/2 teaspoon(s)	coconut aminos
<input type="text"/>	2/3 cup(s)	coconut oil	<input type="text"/>	2 teaspoon(s)	hot pepper sauce
<input type="text"/>	1 teaspoon(s)	mustard, dijon	<input type="text"/>	11 tablespoon(s)	olive oil
<input type="text"/>	1 1/4 cup(s)	olive oil, extra virgin			

## NUTS AND SEEDS

<input type="text"/>	1/2 cup(s)	Macadamia nuts	<input type="text"/>	3/4 cup(s)	almonds
<input type="text"/>	3/4 cup(s)	almonds, slivered	<input type="text"/>	1 tablespoon(s)	flax seeds, ground
<input type="text"/>	1/4 cup(s)	pumpkin seeds			

## HERBS AND SPICES

<input type="text"/>	1 cup(s)	basil, fresh	<input type="text"/>	2 1/2 teaspoon(s)	black pepper
<input type="text"/>	2 tablespoon(s)	capers	<input type="text"/>	1/4 teaspoon(s)	cardamom, ground
<input type="text"/>	1/2 teaspoon(s)	cayenne pepper	<input type="text"/>	1 1/4 tablespoon(s)	chili powder
<input type="text"/>	1/4 cup(s)	cilantro, fresh	<input type="text"/>	1 teaspoon(s)	cinnamon
<input type="text"/>	1 1/2 teaspoon(s)	cumin	<input type="text"/>	2 teaspoon(s)	dill, fresh
<input type="text"/>	15 medium	garlic clove(s)	<input type="text"/>	1/2 teaspoon(s)	garlic powder
<input type="text"/>	3 teaspoon(s)	ginger, fresh	<input type="text"/>	1/4 teaspoon(s)	ginger, ground
<input type="text"/>	3 tablespoon(s)	mint, fresh	<input type="text"/>	1/8 teaspoon(s)	nutmeg, ground
<input type="text"/>	1/8 teaspoon(s)	onion powder	<input type="text"/>	1 teaspoon(s)	oregano, fresh
<input type="text"/>	3/4 teaspoon(s)	paprika	<input type="text"/>	2 tablespoon(s)	parsley, fresh
<input type="text"/>	1/2 teaspoon(s)	red pepper flakes	<input type="text"/>	1/4 teaspoon(s)	sage, dried
<input type="text"/>	5 teaspoon(s)	sea salt	<input type="text"/>	4 tablespoon(s)	tarragon, fresh
<input type="text"/>	1/4 teaspoon(s)	thyme, dried	<input type="text"/>	1 tablespoon(s)	thyme, fresh

## OTHER

1 package(s)

toothpicks

1 tablespoon(s)

water

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