



Shopping List

Week of September 23 - September 29

FRUITS AND VEGETABLES

3 medium	apple(s), sweet	2 cup(s)	arugula, baby
2 medium	avocado(s)	2 medium	bell pepper(s)
$\frac{3}{4}$ cup(s)	blackberries, frozen	2 cup(s)	blueberries, frozen
3 head(s)	broccoli	1 medium	butternut squash
$\frac{1}{2}$ head(s)	cabbage(s), green	2 large	carrot(s)
1 medium	carrot(s)	1 head(s)	cauliflower
2 cup(s)	chard	$\frac{1}{2}$ cup(s)	cranberries, dried
1 medium	fennel bulbs	$\frac{3}{4}$ pound(s)	green beans, fresh
2 medium	lemon(s), juiced	1 large	lemon(s), juiced
1 head(s)	lettuce, Iceberg or Bibb	1 medium	lime(s), juiced
4 medium	mushroom(s), white button	4 large	mushroom(s), white button or cremini
3 medium	mushroom(s), white button or cremini	2 cup(s)	mushrooms, baby portobello
		1 medium	onion(s)
2 small	onion(s)	6 medium	onion(s), green
$\frac{1}{2}$ medium	onion(s), red	$\frac{1}{2}$ medium	onion(s), white
2 large	onion(s), yellow	1 medium	onion(s), yellow
5 medium	potato(es), yellow	$3\frac{1}{2}$ cup(s)	spinach
2 cup(s)	spinach, baby	3 medium	sweet potato(es)
4 medium	tomato(es)	2 cup(s)	tomatoes, cherry or grape
$\frac{1}{2}$ cup(s)	tomatoes, sun-dried	6 serving(s)	veggies of choice
5 medium	zucchini		

MEATS AND EGGS

$\frac{1}{2}$ pound(s)	Italian pork sausage, ground mild	6 slice(s)	bacon
1 pound(s)	beef, ground	8 piece(s)	chicken drumstick(s)
5 piece(s)	chicken thighs, bone in, skin on (5 oz)	4 ounce(s)	deli meats

			14 large	egg(s)
	3 medium	egg(s)	1 pound(s)	lamb fillet(s)
	1/4 pound(s)	pork tenderloin	4 piece(s)	salmon fillet(s)
	2 medium	sausage(s)	1 pound(s)	sausage, ground breakfast
	1/2 pound(s)	turkey, ground		

DRY GOODS

	4 tablespoon(s)	almond butter	2 tablespoon(s)	almond flour
	1/4 cup(s)	almond meal	1/2 cup(s)	almond milk, unsweetened
	3 whole	artichoke hearts, marinated	1 teaspoon(s)	baking powder
	1 cup(s)	chicken broth	1/2 cup(s)	coconut flour
	2 1/4 cup(s)	coconut milk, full fat	2 can(s)	coconut milk, full fat (403 mL)
	1 cup(s)	olive(s), green	1 cup(s)	olive(s), kalamata
	2 tablespoon(s)	protein powder	1/2 cup(s)	tomato sauce

OILS AND CONDIMENTS

	1/3 cup(s)	apple cider vinegar	1 1/2 cup(s)	applesauce, unsweetened
	5 tablespoon(s)	avocado oil	1 tablespoon(s)	coconut aminos
	1/2 cup(s)	coconut oil	1 tablespoon(s)	fish sauce
	1/4 cup(s)	ghee	2 teaspoon(s)	honey, raw
	14 tablespoon(s)	olive oil	3 tablespoon(s)	olive oil, extra virgin

NUTS AND SEEDS

HERBS AND SPICES

	1/4 teaspoon(s)	Italian seasoning	2 teaspoon(s)	Mrs. Dash Chicken Grilling Blend seasoning
	1/4 teaspoon(s)	basil, dried	1/3 cup(s)	basil, fresh
	3 teaspoon(s)	black pepper	2 tablespoon(s)	capers
	3/4 teaspoon(s)	cayenne pepper	1/4 teaspoon(s)	chili powder
	3 tablespoon(s)	cilantro, fresh	1 teaspoon(s)	cinnamon
	4 medium	garlic clove(s)	2 1/4 teaspoon(s)	garlic powder
	1/2 teaspoon(s)	garlic salt	1/2 teaspoon(s)	garlic, granulated
	1 tablespoon(s)	ginger, fresh	1/4 cup(s)	herbs, fresh

<input type="text"/>	1 teaspoon(s)	nutmeg, fresh	<input type="text"/>	1 teaspoon(s)	onion powder
<input type="text"/>	1 tablespoon(s)	optional seasonings for cauliflower	<input type="text"/>	1½ teaspoon(s)	oregano, dried
<input type="text"/>	2/3 cup(s)	parsley, fresh	<input type="text"/>	2½ teaspoon(s)	paprika
<input type="text"/>	4¼ teaspoon(s)	sea salt	<input type="text"/>	1 tablespoon(s)	rosemary, dried
<input type="text"/>	2¾ teaspoon(s)	thyme, dried	<input type="text"/>	1/8 teaspoon(s)	sea salt, coarse
<input type="text"/>			<input type="text"/>	½ tablespoon(s)	thyme, fresh

OTHER

<input type="text"/>	1 package(s)	aluminum foil	<input type="text"/>	2 tablespoon(s)	water
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