



Shopping List

Week of September 30 - October 06

FRUITS AND VEGETABLES

4 cup(s)	arugula, baby	1 pound(s)	asparagus
2½ medium	avocado(s)	1 large	banana(s)
1 medium	banana(s)	1 medium	bell pepper(s), green
1 medium	bell pepper(s), red	1 cup(s)	berries, frozen
½ cup(s)	blueberries, dried	4 cup(s)	brussels sprouts
1 medium	carrot(s)	2 large	carrot(s)
1½ head(s)	cauliflower	2 medium	celery stalk(s)
1 bunch(es)	chard	1 bunch(es)	collard greens
1 bunch(es)	kale, lacinato	1 small	lemon(s), juiced
2½ medium	lemon(s), juiced	3 head(s)	lettuce, romaine heart(s)
1 medium	lime(s)	12 medium	mushroom(s), white button or cremini
2 medium	onion(s)	16 medium	onion(s), green
1½ medium	onion(s), yellow	1 medium	orange(s)
3 large	radish(es)	½ cup(s)	raisins
2 cup(s)	spinach, baby	2 medium	tomato(es)
1 cup(s)	tomatoes, cherry or grape	1 large	yam(s)
2 large	zucchini	1 medium	zucchini

MEATS AND EGGS

1 pound(s)	andouille sausage	7 slice(s)	bacon
2 pound(s)	beef, lean ground	2 pound(s)	chicken thighs, boneless, skinless
20 large	egg(s)	2 piece(s)	halibut filet(s) (6-8 oz)
¾ pound(s)	ham	4 piece(s)	lamb chop(s)
½ pound(s)	pork, ground	¼ pound(s)	salami, hard
¼ pound(s)	shrimp	½ pound(s)	turkey, ground

DRY GOODS

	2 tablespoon(s)	almond butter		1 $\frac{1}{4}$ cup(s)	almond flour
	1 $\frac{1}{2}$ teaspoon(s)	baking powder		4 cup(s)	broth
	1 tablespoon(s)	coconut flakes		1 tablespoon(s)	coconut flour
	2 $\frac{1}{4}$ cup(s)	coconut milk, full fat		$\frac{1}{2}$ cup(s)	coconut, unsweetened shredded
	$\frac{1}{2}$ can(s)	jalapenos (4 oz)		1 cup(s)	olives, black

OILS AND CONDIMENTS

	$\frac{1}{4}$ cup(s)	apple cider vinegar		2 tablespoon(s)	avocado oil
	$\frac{2}{3}$ cup(s)	coconut oil		2 tablespoon(s)	ghee
	2 tablespoon(s)	honey, raw		8 tablespoon(s)	maple syrup
	$\frac{1}{4}$ cup(s)	mustard, dijon		$\frac{1}{3}$ cup(s)	olive oil
	2 tablespoon(s)	olive oil, extra virgin		1 jar(s)	salsa (12 oz)

NUTS AND SEEDS

	$\frac{3}{4}$ cup(s)	Macadamia nuts		1 $\frac{1}{3}$ cup(s)	almonds
	$\frac{1}{2}$ cup(s)	cashews, raw		3 tablespoon(s)	chia seeds
	$\frac{1}{2}$ cup(s)	currants, dried		$\frac{1}{2}$ cup(s)	pistachios
	$\frac{1}{2}$ cup(s)	pumpkin seeds, raw		$\frac{1}{2}$ cup(s)	sunflower seeds, raw

HERBS AND SPICES

	1 tablespoon(s)	basil, fresh		1 whole	bay leaf(s)
	4 teaspoon(s)	black pepper		2 teaspoon(s)	cajun seasoning
	2 tablespoon(s)	chili powder		$\frac{2}{3}$ cup(s)	chives, fresh
	2 tablespoon(s)	cilantro, fresh		1 teaspoon(s)	cumin
	6 medium	garlic clove(s)		$\frac{1}{8}$ teaspoon(s)	garlic powder
	1 teaspoon(s)	garlic salt		1 teaspoon(s)	oregano, dried
	1 tablespoon(s)	parsley, fresh		2 teaspoon(s)	rosemary, dried
	6 $\frac{2}{3}$ teaspoon(s)	sea salt		1 teaspoon(s)	thyme, dried

OTHER

	6 $\frac{3}{4}$ cup(s)	water			
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