



Shopping List

Week of September 30 - October 06

FRUITS AND VEGETABLES

QUANTITY	ITEM NAME	USED IN
<input type="text"/> 4 cup(s)	arugula, baby	Lamb Chops with Wilted Arugula and Pistachios
<input type="text"/> 1 pound(s)	asparagus	Asparagus and Eggs
<input type="text"/> 2½ medium	avocado(s)	Kale Salad with Ham, Taco Salad, Shrimp and Avocado Omelet
<input type="text"/> 1 large	banana(s)	Bananas with Almond Butter and Coconut
<input type="text"/> 1 medium	banana(s)	Berry Coconut Chia Smoothie
<input type="text"/> 1 medium	bell pepper(s), green	Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles
<input type="text"/> 1 medium	bell pepper(s), red	Sautéed Vegetables with Lemon and Basil
<input type="text"/> 1 cup(s)	berries, frozen	Berry Coconut Chia Smoothie
<input type="text"/> ½ cup(s)	blueberries, dried	Paleo Trail Mix
<input type="text"/> 4 cup(s)	brussels sprouts	One-Pan Brussels Sprouts with Bacon and Almonds
<input type="text"/> 1 medium	carrot(s)	Chicken, Yam, and Chard Soup
<input type="text"/> 2 large	carrot(s)	Collard Slaw
<input type="text"/> 1½ head(s)	cauliflower	Cauliflower Mashers
<input type="text"/> 2 medium	celery stalk(s)	Lamb Chops with Wilted Arugula and Pistachios
<input type="text"/> 1 bunch(es)	chard	Chicken, Yam, and Chard Soup
<input type="text"/> 1 bunch(es)	collard greens	Collard Slaw
<input type="text"/> 1 bunch(es)	kale, lacinato	Kale Salad with Ham
<input type="text"/> 1 small	lemon(s), juiced	Kale Salad with Ham
<input type="text"/> 2½ medium	lemon(s), juiced	Chicken, Yam, and Chard Soup, Collard Slaw, Sautéed Vegetables with Lemon and Basil
<input type="text"/> 3 head(s)	lettuce, romaine heart(s)	Taco Salad
<input type="text"/> 1 medium	lime(s)	Coconut Lime Pancakes
<input type="text"/> 12 medium	mushroom(s), white button or cremini	Sautéed Vegetables with Lemon and Basil, Danish Meat Loaf
<input type="text"/> 2 medium	onion(s)	

Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles, Danish Meat Loaf

<input type="text"/>	16 medium	onion(s), green	Chicken, Yam, and Chard Soup, Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles, Collard Slaw
<input type="text"/>	1½ medium	onion(s), yellow	Chicken, Yam, and Chard Soup, Taco Salad
<input type="text"/>	1 medium	orange(s)	Macadamia-Encrusted Halibut
<input type="text"/>	3 large	radish(es)	Collard Slaw
<input type="text"/>	½ cup(s)	raisins	Paleo Trail Mix
<input type="text"/>	2 cup(s)	spinach, baby	Berry Coconut Chia Smoothie
<input type="text"/>	2 medium	tomato(es)	Taco Salad, Shrimp and Avocado Omelet
<input type="text"/>	1 cup(s)	tomatoes, cherry or grape	Salami Stackers
<input type="text"/>	1 large	yam(s)	Chicken, Yam, and Chard Soup
<input type="text"/>	2 large	zucchini	Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles
<input type="text"/>	1 medium	zucchini	Sautéed Vegetables with Lemon and Basil

MEATS AND EGGS

QUANTITY	ITEM NAME	USED IN	
<input type="text"/>	1 pound(s)	andouille sausage	Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles
<input type="text"/>	7 slice(s)	bacon	One-Pan Brussels Sprouts with Bacon and Almonds, Danish Meat Loaf
<input type="text"/>	2 pound(s)	beef, lean ground	Taco Salad, Bunless Burgers
<input type="text"/>	2 pound(s)	chicken thighs, boneless, skinless	Chicken, Yam, and Chard Soup
<input type="text"/>	20 large	egg(s)	Asparagus and Eggs, Coconut Lime Pancakes, Macadamia-Encrusted Halibut, Shrimp and Avocado Omelet, Danish Meat Loaf, Sunday Breakfast, Monday Breakfast
<input type="text"/>	2 piece(s)	halibut filet(s) (6-8 oz)	Macadamia-Encrusted Halibut
<input type="text"/>	¾ pound(s)	ham	Kale Salad with Ham
<input type="text"/>	4 piece(s)	lamb chop(s)	Lamb Chops with Wilted Arugula and Pistachios
<input type="text"/>	½ pound(s)	pork, ground	Danish Meat Loaf
<input type="text"/>	¼ pound(s)	salami, hard	Salami Stackers
<input type="text"/>	¼ pound(s)	shrimp	Shrimp and Avocado Omelet
		turkey, ground	Danish Meat Loaf

1/2 pound(s)

DRY GOODS

QUANTITY	ITEM NAME	USED IN
<input type="text"/> 2 tablespoon(s)	almond butter	Bananas with Almond Butter and Coconut
<input type="text"/> 1 1/4 cup(s)	almond flour	Danish Meat Loaf, Coconut Lime Pancakes
<input type="text"/> 1 1/2 teaspoon(s)	baking powder	Coconut Lime Pancakes
<input type="text"/> 4 cup(s)	broth	Chicken, Yam, and Chard Soup
<input type="text"/> 1 tablespoon(s)	coconut flakes	Berry Coconut Chia Smoothie
<input type="text"/> 1 tablespoon(s)	coconut flour	Coconut Lime Pancakes
<input type="text"/> 2 1/4 cup(s)	coconut milk, full fat	Macadamia-Encrusted Halibut, Bananas with Almond Butter and Coconut, Berry Coconut Chia Smoothie, Coconut Lime Pancakes, Danish Meat Loaf, Cauliflower Mashers
<input type="text"/> 1/2 cup(s)	coconut, unsweetened shredded	Coconut Lime Pancakes
<input type="text"/> 1/2 can(s)	jalapenos (4 oz)	Chicken, Yam, and Chard Soup
<input type="text"/> 1 cup(s)	olives, black	Taco Salad

OILS AND CONDIMENTS

QUANTITY	ITEM NAME	USED IN
<input type="text"/> 1/4 cup(s)	apple cider vinegar	Collard Slaw
<input type="text"/> 2 tablespoon(s)	avocado oil	Collard Slaw
<input type="text"/> 2/3 cup(s)	coconut oil	Berry Coconut Chia Smoothie, Bunless Burgers, Sautéed Vegetables with Lemon and Basil, Shrimp and Avocado Omelet, Chicken, Yam, and Chard Soup, Coconut Lime Pancakes, Danish Meat Loaf, Cauliflower Mashers
<input type="text"/> 2 tablespoon(s)	ghee	Asparagus and Eggs
<input type="text"/> 2 tablespoon(s)	honey, raw	Coconut Lime Pancakes
<input type="text"/> 8 tablespoon(s)	maple syrup	Coconut Lime Pancakes
<input type="text"/> 1/4 cup(s)	mustard, dijon	Salami Stackers
<input type="text"/> 1/3 cup(s)	olive oil	Macadamia-Encrusted Halibut, Lamb Chops with Wilted Arugula and Pistachios, Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles
<input type="text"/> 2 tablespoon(s)	olive oil, extra virgin	Kale Salad with Ham
<input type="text"/> 1 jar(s)	salsa (12 oz)	Taco Salad

NUTS AND SEEDS

QUANTITY	ITEM NAME	USED IN
<input type="text"/> 3/4 cup(s)	Macadamia nuts	Macadamia-Encrusted Halibut
<input type="text"/> 1 1/3 cup(s)	almonds	One-Pan Brussels Sprouts with Bacon and Almonds, Paleo Trail Mix
<input type="text"/> 1/2 cup(s)	cashews, raw	Paleo Trail Mix
<input type="text"/> 3 tablespoon(s)	chia seeds	Berry Coconut Chia Smoothie, Berry Coconut Chia Smoothie
<input type="text"/> 1/2 cup(s)	currants, dried	Paleo Trail Mix
<input type="text"/> 1/2 cup(s)	pistachios	Lamb Chops with Wilted Arugula and Pistachios
<input type="text"/> 1/2 cup(s)	pumpkin seeds, raw	Paleo Trail Mix
<input type="text"/> 1/2 cup(s)	sunflower seeds, raw	Paleo Trail Mix

HERBS AND SPICES

QUANTITY	ITEM NAME	USED IN
<input type="text"/> 1 tablespoon(s)	basil, fresh	Sautéed Vegetables with Lemon and Basil
<input type="text"/> 1 whole	bay leaf(s)	Chicken, Yam, and Chard Soup
<input type="text"/> 4 teaspoon(s)	black pepper	One-Pan Brussels Sprouts with Bacon and Almonds, Kale Salad with Ham, Chicken, Yam, and Chard Soup, Lamb Chops with Wilted Arugula and Pistachios, Asparagus and Eggs, Bunless Burgers, Macadamia-Encrusted Halibut, Sautéed Vegetables with Lemon and Basil, Shrimp and Avocado Omelet, Danish Meat Loaf, Cauliflower Mashers
<input type="text"/> 2 teaspoon(s)	cajun seasoning	One-Pan Brussels Sprouts with Bacon and Almonds
<input type="text"/> 2 tablespoon(s)	chili powder	Taco Salad
<input type="text"/> 2/3 cup(s)	chives, fresh	Cauliflower Mashers
<input type="text"/> 2 tablespoon(s)	cilantro, fresh	Taco Salad, Shrimp and Avocado Omelet
<input type="text"/> 1 teaspoon(s)	cumin	Taco Salad
<input type="text"/> 6 medium	garlic clove(s)	Chicken, Yam, and Chard Soup, Sautéed Vegetables with Lemon and Basil, Cauliflower Mashers
<input type="text"/> 1/8 teaspoon(s)	garlic powder	Asparagus and Eggs
<input type="text"/> 1 teaspoon(s)	garlic salt	Taco Salad
<input type="text"/> 1 teaspoon(s)	oregano, dried	Chicken, Yam, and Chard Soup, Taco Salad
<input type="text"/> 1 tablespoon(s)	parsley, fresh	Macadamia-Encrusted Halibut
	rosemary, dried	Cauliflower Mashers

	2 teaspoon(s)
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	6 ² / ₃ teaspoon(s)	sea salt	One-Pan Brussels Sprouts with Bacon and Almonds, Kale Salad with Ham, Chicken, Yam, and Chard Soup, Taco Salad, Lamb Chops with Wilted Arugula and Pistachios, Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles, Asparagus and Eggs, Bunless Burgers, Collard Slaw, Coconut Lime Pancakes, Macadamia-Encrusted Halibut, Sautéed Vegetables with Lemon and Basil, Shrimp and Avocado Omelet, Danish Meat Loaf, Cauliflower Mashers
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	1 teaspoon(s)	thyme, dried	Chicken, Yam, and Chard Soup
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OTHER

QUANTITY	ITEM NAME	USED IN
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	6 ³ / ₄ cup(s)	water	Chicken, Yam, and Chard Soup, Taco Salad
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