

Grocery Shopping List

PRODUCE

Sweet Potato - 1 large
Green Onions - 2
Bell Pepper (any color) - 1 large
Zucchini - 1 large, 1 medium
Onion - 1 medium
Salad Greens of your choice - 10 cups
Avocado - 1/2
Cilantro - 1/8 cup
Basil - 1 tbs fresh or 1/2 tsp dried
Tarragon - 1/2 cup fresh or 1/2 cup dried
Blueberries or Pineapple 1/2 cup
Strawberries - 1/2 cup
Tomato - 1
Banana - 1/2
Broccoli - 1 cup
*Cucumbers, tomatoes, peppers, or other salad ingredients of your choice - enough for 5 side salads

DAIRY

Eggs - 2
Crumbled Goat Cheese - 2 tbs
Plain Greek Yogurt - 1/2 cup
Milk (coconut, almond or cows) - 1/2 cup

CANNED GOODS

Black Beans - 15 oz can
Diced Green Chiles - 4 oz can
Cumin - 1 tsp
Chili Powder - 1 tsp
Cinnamon - 1/4 tsp
Oregano - 1/2 tsp
Olive Oil - 1/2 cup
Balsamic Vinegar - 1/3 cup
Tomato Sauce - 1/2 cup
Kalamata Olives (optional) - 1tbs
Peanut Butter - 2 tbs
Bread - 1 slice
Sweet Hot Mustard - 3/4 cups
Organic Oats - 1/2 cup
Shredded Unsweetened Coconut - 1 heaping tbs

MEAT, POULTRY, FISH

Ground Beef - 1/4 lbs (options: Ground Chicken or Ground Sausage)
Boneless Chicken Thighs or Breasts - 1 1/2 lbs

