

# Grocery Shopping List

## PRODUCE

Celery - 1/2 cup  
Red Pepper - 1/2 cup  
Frozen Peas - 1 cup  
Yellow Onion - 3/4 cup  
Basil - 4 tsp dried or 4 tbsp fresh  
Cauliflower - 2 cups  
Sliced Mushrooms - 1 cup  
Garlic Cloves - 2  
Lemon - 1  
Tarragon - 3 1/2 tbs of fresh or 3 1/2 tsp dried  
Banana - 2  
Frozen Strawberries - 3/4 cup  
Fresh Blueberries or Strawberries - 1/2 cup  
Spinach - 2 cups  
Ginger - 2 tbs  
Zucchini - 1 medium  
Apple - 1 medium  
Baking Potato - 1 medium  
\*Assorted Vegetables (of your choice) - 4 cups

## DAIRY

Milk - 1 cup  
Grated Parmesan Cheese - 1/3 cup + 2 tbs  
Egg - 1

## CANNED GOODS

Tomato Paste - 6oz can  
Worcestershire Sauce - 1 tbs  
Chicken or Vegetable Broth - 4 cups  
Flour - 2 tbs  
Olive Oil - 5 1/2 tbs  
Orange Juice - 1 1/2 cup  
Coconut Water - 1/2 cup (optional)  
Soy Sauce - 2 TB  
Peanut or Almond Butter (only ingredients nuts and salt) - 4 tsp  
Nuts of Choice - 1/4 cup  
Butter or Coconut Oil - 1 tsp  
Bread - 1 slice  
Cinnamon - 1/4 tsp  
Coconut Oil or Butter - 1 tsp

## MEAT, POULTRY, FISH

Grass Fed Ground Beef - 3/4 lb  
Boneless Chicken Thighs - 2 ind or 1/2 lb  
Salmon Fillet - 1 lb

