

## WEEK 3 SHOPPING LIST

### MEAT

- ☐ Sirloin Steak (grass-fed) - 10 oz
- ☐ Chicken Breast (pasture-raised) - about 1 lb total
- ☐ Uncured Bacon (no sugar in ingredients) - 6 oz
- ☐ Uncured Chicken Sausage (no sugar) - 2 links
- ☐ Ground Beef (grass-fed) - 1 lb
- ☐ Salmon Fillets - 2 (4-6 oz each)

### CANNED

- ☐ Beef Broth - 2 cups
- ☐ Crushed or Petite Diced Tomatoes - 2 cans (15 oz)
- ☐ Diced Tomatoes - 1 can (15 oz)
- ☐ Black Beans - 1 can (15 oz)
- ☐ Black Olives, sliced - 2 oz (optional)

### OTHER

- ☐ Honey
- ☐ Bottled Minced Garlic
- ☐ Pure Maple Syrup
- ☐ Almond Butter - 2 Tbsp
- ☐ Corn Tortillas - 8
- ☐ Salsa - 1 cup (no sugar in ingredients)
- ☐ Apple Sauce, unsweetened - 1/4 cup

### ADDITIONAL ITEMS

- ☐ Ingredients for chosen snacks
- ☐ Ingredients for chosen salad dressings
- ☐ \_\_\_\_\_

### PRODUCE

- ☐ Mixed Salad Greens - 3 cups total
- ☐ Avocado, Haas - 1
- ☐ Riced cauliflower - 1 cup
- ☐ Onion - 2
- ☐ Red Onion - 2
- ☐ Bell Pepper - 5 (mix of colors)
- ☐ Cucumber - 1
- ☐ Tomatoes - 2
- ☐ Carrots, baby - 1/2 lb
- ☐ Mushrooms, Baby Bella - 1 pint
- ☐ Apple (granny smith) - 1
- ☐ Broccoli Florets - 2 cups
- ☐ Green Beans - 1/2 lb
- ☐ Yellow Squash - 1
- ☐ Zucchini - 1
- ☐ Green Onions - 1 (optional)
- ☐ Jalapeno, fresh - 1 (optional)
- ☐ Orange - 1
- ☐ Fresh Berries (for pancakes)
- ☐ Purple or Sweet Potato - 1 small to medium
- ☐ Purple or Sweet Potato - 3/4 lb
- ☐ Leafy Green Lettuce (for burger)
- ☐ Fresh sage (dried is ok)

### FROZEN

- ☐ Frozen Berries (or fresh) - 3 cups
- ☐ Frozen Diced Onions - 1/2 cup (or 1/2 of a fresh one)
- ☐ Frozen Diced Carrots - 1/2 cup (or fresh carrots diced)
- ☐ Frozen Bell Pepper Mix - 1 cup (or 1 fresh pepper)
- ☐ Frozen Corn - 1 cup

### DRY GOODS

- ☐ Brown Rice, 3/4 cup (dry amount)
- ☐ Rolled Oats (gluten free) - 2 cups
- ☐ Flax Meal Or Chia Seeds - 3 Tbsp
- ☐ Walnuts - 1/4 cup
- ☐ Coconut Flour - 1/2 cup
- ☐ Baking Soda - 1/2 tsp

### DAIRY & EGGS

- ☐ Eggs - 12 + any for snacks
- ☐ Almond Milk, unsweetened - 2 1/2 cups
- ☐ Butter (grass-fed if possible)

### SPICES AND STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Salt
- ☐ Pepper
- ☐ Bragg Liquid Aminos
- ☐ Coconut Oil
- ☐ Chili Powder
- ☐ Onion Powder
- ☐ Oregano
- ☐ Cinnamon
- ☐ Dried Basil
- ☐ Paprika
- ☐ Garlic Powder
- ☐ Cumin
- ☐ Cayenne Pepper
- ☐ Ground Coriander
- ☐ Balsamic Vinegar

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_