

WEEK 4 SHOPPING LIST

MEAT

- ☐ Sirloin Steak (grass-fed) - 8 oz
- ☐ Chicken Breasts (pasture-raised) - 1 1/2 lb
- ☐ Pork Chops, boneless (pasture-raised) - 8 oz
- ☐ 1 1/2 lb Pork Tenderloin (pasture-raised)
- ☐ Salmon Fillet - 1 (6 oz)

CANNED

- ☐ Chicken Broth - 4 cups
- ☐ Green Chiles, 1 can, 4 oz
- ☐ Coconut Milk, canned, full fat - 2 cans
- ☐ White Beans (such as cannellini) - 1 can, 15 oz

OTHER

- ☐ Honey
- ☐ Bottled Minced Garlic
- ☐ Pure Maple Syrup
- ☐ Red Curry Paste - 2 tsp
- ☐ Almond Butter - 4 Tbsp
- ☐ Apple Sauce, unsweetened - 1/4 cup

ADDITIONAL ITEMS

- ☐ Ingredients for chosen snacks
- ☐ Ingredients for chosen salad dressings
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRODUCE

- ☐ Mixed Salad Greens - 6 cups total
- ☐ Avocado, Haas - 2
- ☐ Large Lettuce Leaves - 3 or 4
- ☐ Onion - 3
- ☐ Green Bell Pepper - 1
- ☐ Bell Pepper (any color, for salads and scrambles) - 2
- ☐ Cucumber - 1
- ☐ Tomatoes - 1
- ☐ Carrots - 2 large
- ☐ Mushrooms, sliced - 1 pint
- ☐ Cilantro, fresh - small bunch
- ☐ Berries, fresh (for pancake topping. Or use frozen)
- ☐ Broccoli Florets - 2 cups
- ☐ Snow Peas - 3 oz
- ☐ Kale - 3 cups
- ☐ Bean Sprouts - 1 cup
- ☐ Green Onions - 3-4
- ☐ Sweet Potato - 3/4 lb
- ☐ Ginger, fresh - small piece
- ☐ Spinach - 1/2 cup
- ☐ Brussels Sprouts - 4 oz
- ☐ Baby Carrots - 4 oz
- ☐ Lemon - 1 (for lemon juice)

FROZEN

- ☐ Frozen Berries (or fresh) - 3 cups
- ☐ Frozen Peas - 1/2 cup
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY GOODS

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

DAIRY & EGGS

- ☐ Eggs - 6 + any for snacks
- ☐ Almond Milk, unsweetened - 4 1/2 cups
- ☐ Butter (grass-fed if possible)

SPICES AND STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Salt
- ☐ Pepper
- ☐ Sesame Oil
- ☐ Bragg Liquid Aminos
- ☐ Coconut Oil
- ☐ Chili Powder
- ☐ Chipotle chile powder
- ☐ Paprika
- ☐ Cinnamon
- ☐ Thyme
- ☐ Cayenne Pepper
- ☐ Oregano
- ☐ Cumin
- ☐ _____
- ☐ _____
- ☐ _____