

Grocery List

Meat

Beef (Sirloin) - 1/2 lb
Chicken Breast - 1/2 lb.
Ground Italian Sausage - 1/2 lb (no nitrates and GF if needed)
Bacon - 2 slices
Sliced Turkey or Chicken Deli - 1/2 lb (sliced thin)
Salmon - 2/3 lb

Dairy

Eggs - 8
Plain Greek Yogurt (or df yogurt) - 3 cups
Sour Cream - 1/2 cup
Parmesan Cheese - 1/3 cup
Milk - regular, Almond or cashew - 1 cup

Fruits & Vegetables

Fresh Spinach - 6 cups
Celery - 6 stalks
Tomatoes - 3 large or pint of grape
Onion - 1 large
Red Pepper - 2 or 3
Large Leaf Lettuce - 8 leaves
Avocado - 2 or 3 small
Spaghetti Squash - 1 small
Baby carrots - 6
Mushrooms - 2 cups
Black Beans - 1 15 ounce can drained
Canned Diced Tomatoes - 2 cans
Kalamata Olives - 1/8 cup pitted
Capers - 3 tbsp
Artichoke hearts 1 small jar
Garlic - 8 cloves
Jalapeño - 1 small
Capers - 1 small jar
Cauliflower Rice - 1 Frozen Package
Fresh Kale - 5 cups chopped (1 head)
Asparagus - 1/2 lb

Sweet potato - 1 medium
Baking Potato - 1 medium
Broccoli - 2 cups
Lime - 1
Lemon - 1
Berry (your choice) - 2 cups

Dried Goods

Nuts of choice - 1 cup
Almond Flour - 1 cup
Crushed red pepper flakes - 1 tbsp
Dried Oregano - 1 tsp
Cinnamon - 1 tsp
Seaweed Sheets - 1 (can sub. Lettuce leaf)
Baking Powder
Vanilla - 1 tsp
Dried Dill - 1 tsp
Organic Tortilla Chips - 2 cups
Chicken broth - 24 oz

Spice, Sauce, Oil & Dip

Fresh basil - 1 cup
Fresh Parsley - 1 cup
Cilantro - 1 cup
Peanut Butter - 1/2 cup
Salsa - 1 small jar
Hummus - 1/2 cup
Olive Oil - 1 cup
Balsamic Vinegar - 1/2 cup
Soy sauce or Bragg Liquid Aminos - 1 tbsp
Pickled ginger (optional) - 1 tbsp