



SHOPPING LIST (06/21 - 06/27)



FRUITS AND VEGETABLES	NEED	MEALS
<input type="checkbox"/> 6 cup(s) - mixed greens	—	12, 14, 20
<input type="checkbox"/> 3 pound(s) - apple(s)	—	10
<input type="checkbox"/> 2 cup(s) - arugula, baby	—	8
<input type="checkbox"/> 2 medium - avocado(s)	—	11, 24
<input type="checkbox"/> 1 medium - bell pepper(s), green	—	28
<input type="checkbox"/> 1 medium - bell pepper(s), red	—	1
<input type="checkbox"/> 2 cup(s) - berries, frozen	—	13
<input type="checkbox"/> 1 small - cabbage	—	4
<input type="checkbox"/> 1/2 medium - cantaloupe(s)	—	7
<input type="checkbox"/> 4 medium - carrot(s)	—	4
<input type="checkbox"/> 1 large - carrot(s)	—	5
<input type="checkbox"/> 1 large - celeriac root(s)	—	8
<input type="checkbox"/> 3 medium - celery stalk(s)	—	4, 24
<input type="checkbox"/> 1 1/3 tablespoon(s) - lemon juice	—	11, 12
<input type="checkbox"/> 3 1/2 medium - lemon(s), juiced	—	8, 10, 12, 16
<input type="checkbox"/> 1 head(s) - lettuce, red leaf	—	24
<input type="checkbox"/> 4 medium - mushrooms	—	1
<input type="checkbox"/> 10 medium - mushrooms, white button	—	17
<input type="checkbox"/> 8 medium - mushrooms, white button or cremini	—	20
<input type="checkbox"/> 1/2 pound(s) - mushrooms, white button, cremini or shitaake	—	8
<input type="checkbox"/> 5 medium - onion(s)	—	4, 5, 17, 28
<input type="checkbox"/> 1 large - onion(s)	—	16
<input type="checkbox"/> 4 medium - onion(s), green	—	24
<input type="checkbox"/> 1 1/4 medium - onion(s), yellow	—	1, 20, 25
<input type="checkbox"/> 1 medium - spaghetti squash	—	20
<input type="checkbox"/> 5 handful(s) - spinach	—	1, 25
<input type="checkbox"/> 2 medium - sweet potato(es)	—	12
<input type="checkbox"/> 1/2 cup(s) - tomatoes, cherry or grape	—	24

MEAT AND EGGS	NEED	MEALS
<input type="checkbox"/> 2 large - eggs, hard-boiled	—	9
<input type="checkbox"/> 10 slice(s) - bacon	—	17, 24
<input type="checkbox"/> 3 pound(s) - beef - pot roast(s)	—	4
<input type="checkbox"/> 1 - beef - sirloin steak(s), (8-12 oz)	—	8
<input type="checkbox"/> 1/2 pound(s) - beef - steak(s), boneless	—	1
<input type="checkbox"/> 1 pound(s) - beef, ground	—	28

MEAT AND EGGS	NEED	MEALS
<input type="checkbox"/> 4 - chicken breast(s), boneless skinless (4-6 oz)	—	16
<input type="checkbox"/> 1/2 pound(s) - chicken breast(s), boneless, skinless	—	24
<input type="checkbox"/> 32 large - egg(s)	—	1, 5, 11, 13, 17, 24, 28
<input type="checkbox"/> 2 - fish fillet(s)	—	12
<input type="checkbox"/> 1 package(s) - ham, prosciutto, sliced (4 oz.)	—	7
<input type="checkbox"/> 1 pound(s) - lamb, ground	—	20
<input type="checkbox"/> 1/8 pound(s) - liver, ground	—	20
<input type="checkbox"/> 1/2 pound(s) - sausage(s)	—	25
<input type="checkbox"/> 1/2 pound(s) - turkey, ground	—	5

DRY GOODS	NEED	MEALS
<input type="checkbox"/> 4 tablespoon(s) - almond flour	—	28
<input type="checkbox"/> 1 cup(s) - almond milk, unsweetened	—	13
<input type="checkbox"/> 1 teaspoon(s) - baking powder	—	28
<input type="checkbox"/> 1/4 cup(s) - carob powder	—	15
<input type="checkbox"/> 4 tablespoon(s) - coconut flour	—	28
<input type="checkbox"/> 1 1/2 cup(s) - coconut, unsweetened shredded	—	13, 15
<input type="checkbox"/> 18 medium - olives, black	—	16
<input type="checkbox"/> 1 can(s) - tomato sauce (15 oz)	—	28
<input type="checkbox"/> 1 can(s) - tomatoes, plum (28 oz)	—	16

OILS AND CONDIMENTS	NEED	MEALS
<input type="checkbox"/> 1/4 cup(s) - balsamic vinegar	—	12
<input type="checkbox"/> 1 cup(s) - coconut oil	—	1, 5, 8, 12, 15, 20, 25, 28
<input type="checkbox"/> 1 1/3 tablespoon(s) - honey, raw	—	12, 15
<input type="checkbox"/> 2 teaspoon(s) - hot pepper sauce	—	11
<input type="checkbox"/> 2 teaspoon(s) - mustard, dijon	—	5, 12
<input type="checkbox"/> 3 3/4 tablespoon(s) - olive oil	—	8, 28
<input type="checkbox"/> 1 1/4 cup(s) - olive oil, extra virgin	—	12, 16

NUTS AND SEEDS	NEED	MEALS
<input type="checkbox"/> 1/2 cup(s) - almonds	—	23
<input type="checkbox"/> 1/2 cup(s) - nuts of choice	—	15



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HERBS AND SPICES	NEED	MEALS
<input type="checkbox"/> 1 whole - bay leaf(s)	—	4
<input type="checkbox"/> 4 ¹ / ₄ teaspoon(s) - black pepper	—	1, 4, 5, 8, 11, 12, 16, 17
<input type="checkbox"/> ¹ / ₄ teaspoon(s) - cardamom, ground	—	10
<input type="checkbox"/> 1 tablespoon(s) - chili powder	—	28
<input type="checkbox"/> 1 teaspoon(s) - cinnamon	—	10
<input type="checkbox"/> ³ / ₄ teaspoon(s) - cumin	—	5, 28
<input type="checkbox"/> 10 ¹ / ₂ medium - garlic clove(s)	—	8, 12, 16, 28
<input type="checkbox"/> ¹ / ₈ teaspoon(s) - garlic powder	—	12
<input type="checkbox"/> ¹ / ₂ teaspoon(s) - garlic, granulated	—	20
<input type="checkbox"/> ¹ / ₄ teaspoon(s) - ginger, ground	—	10
<input type="checkbox"/> 1 teaspoon(s) - herbs of choice for Salad dressing	—	12
<input type="checkbox"/> ¹ / ₄ cup(s) - herbs, fresh	—	5
<input type="checkbox"/> ¹ / ₂ teaspoon(s) - lemon pepper	—	12
<input type="checkbox"/> 2 sprig(s) - mint, fresh	—	7
<input type="checkbox"/> ¹ / ₄ teaspoon(s) - oregano	—	20
<input type="checkbox"/> 3 tablespoon(s) - parsley, fresh	—	16
<input type="checkbox"/> ¹ / ₈ teaspoon(s) - red pepper flakes	—	12
<input type="checkbox"/> 1 tablespoon(s) - rosemary, fresh	—	8
<input type="checkbox"/> 2 ² / ₃ tablespoon(s) - sea salt	—	1, 4, 5, 8, 11, 12, 16, 20, 28
<input type="checkbox"/> 2 teaspoon(s) - thyme, fresh	—	16

OTHER	NEED	MEALS
<input type="checkbox"/> 4 teaspoon(s) - Simple Salad Dressing (recipe)	—	24
<input type="checkbox"/> aluminum foil	—	12
<input type="checkbox"/> parchment paper	—	15
<input type="checkbox"/> toothpicks	—	7
<input type="checkbox"/> 5 ¹ / ₄ cup(s) - water	—	4, 5