



# Shopping List



Week of January 15 - January 21

## FRUITS AND VEGETABLES

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 2 large	watermelon, seedless	Meal 1
<input type="checkbox"/> 4 large	apple(s)	Better-Than-Store-Bought Apple Chips
<input type="checkbox"/> 2 medium	apple(s)	Green Smoothie
<input type="checkbox"/> 4 cup(s)	arugula	Cod with Arugula Tapenade and Celeriac Fries
<input type="checkbox"/> 2 cup(s)	arugula, baby	Easy Side Salad with Lemon
<input type="checkbox"/> 6 medium	avocado(s)	Ham Stir-Fry Breakfast, Lettuce Wraps
<input type="checkbox"/> 2 medium	bell pepper(s)	Fried Eggs with Sweet Potato Hash
<input type="checkbox"/> 2 medium	bell pepper(s), green	Tex-Mex Breakfast Scramble
<input type="checkbox"/> 4 cup(s)	brussels sprouts	Steak and Brussels Sprouts Skillet
<input type="checkbox"/> 4 head(s)	cabbage(s), red	Raw Cabbage and Pineapple Salad, Fish and Vegetable Curry
<input type="checkbox"/> 6 medium	carrot(s)	Lamb Fried Rice, Fish and Vegetable Curry
<input type="checkbox"/> 4 pound(s)	carrots, baby	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 4 head(s)	cauliflower	Lamb Fried Rice
<input type="checkbox"/> 4 large	celeriac root(s)	Cod with Arugula Tapenade and Celeriac Fries
<input type="checkbox"/> 4 medium	celery stalk(s)	Creamy Bacon and Parsnip Soup
<input type="checkbox"/> 4 cup(s)	cranberries, dried	Steak and Brussels Sprouts Skillet
<input type="checkbox"/> 6 medium	jalapeno pepper(s)	Lettuce Wraps, Tex-Mex Breakfast Scramble
<input type="checkbox"/> 2 large	kale leaves	Green Smoothie
<input type="checkbox"/> 4 large	leek(s)	Creamy Bacon and Parsnip Soup
<input type="checkbox"/> 4 medium	lemon(s)	Cod with Arugula Tapenade and Celeriac Fries
<input type="checkbox"/> 6 medium	lemon(s), juiced	Spinach Salad, Green Smoothie, Easy Side Salad with Lemon
<input type="checkbox"/> 4 large	lettuce leaves	Lettuce Wraps
<input type="checkbox"/> 4 teaspoon(s)	lime juice	Lettuce Wraps
<input type="checkbox"/> 2 medium	mushroom(s), white button	Ham Stir-Fry Breakfast
<input type="checkbox"/> 4 pound(s)	mushrooms	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 8 medium	onion(s)	Balsamic Braised Chicken and Vegetables, Easy Pork Loin Chops
<input type="checkbox"/> 4 small	onion(s)	Lamb Fried Rice

<input type="checkbox"/>	10 medium	onion(s), green	Lamb Fried Rice, Spinach Salad
<input type="checkbox"/>	2 medium	onion(s), red	Tex-Mex Breakfast Scramble
<input type="checkbox"/>	4 medium	onion(s), white	Coconut Creamed Greens
<input type="checkbox"/>	8 medium	onion(s), yellow	Fried Eggs with Sweet Potato Hash, Ham Stir-Fry Breakfast, Lettuce Wraps
<input type="checkbox"/>	4 medium	onions, pearl	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/>	4 medium	orange(s)	Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/>	4 large	parsnip(s)	Creamy Bacon and Parsnip Soup
<input type="checkbox"/>	2 medium	pear(s)	Green Smoothie
<input type="checkbox"/>	4 cup(s)	peas	Lamb Fried Rice
<input type="checkbox"/>	2 cup(s)	pineapple	Raw Cabbage and Pineapple Salad
<input type="checkbox"/>	2 medium	poblano pepper(s)	Roasted Pepper and Sausage Omelet
<input type="checkbox"/>	6 cup(s)	spinach	Spinach Salad, Coconut Creamed Greens
<input type="checkbox"/>	2 medium	sweet potato(es)	Fried Eggs with Sweet Potato Hash
<input type="checkbox"/>	2 small	sweet potato(es)	Ham Stir-Fry Breakfast
<input type="checkbox"/>	4 serving(s)	peanuts	Meal 4
<input type="checkbox"/>	22 big	Arbitrary	Meal 2

## MEATS AND EGGS

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 14 large	egg(s)	Fried Eggs with Sweet Potato Hash, Lamb Fried Rice, Tex-Mex Breakfast Scramble, Roasted Pepper and Sausage Omelet, Meal 17
<input type="checkbox"/> 2 pound(s)	Italian sausage	Roasted Pepper and Sausage Omelet
<input type="checkbox"/> 8 slice(s)	bacon	Balsamic Braised Chicken and Vegetables, Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/> 4 slice(s)	bacon (thick)	Creamy Bacon and Parsnip Soup
<input type="checkbox"/> 4 pound(s)	beef tenderloin	Steak and Brussels Sprouts Skillet
<input type="checkbox"/> 2 pound(s)	chicken breasts, boneless, skinless	Tex-Mex Breakfast Scramble
<input type="checkbox"/> 4 pound(s)	chicken legs	Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/> 4 pound(s)	chicken piece(s), bone-in	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 4 pound(s)	cod fillet(s)	Cod with Arugula Tapenade and Celeriac Fries
<input type="checkbox"/> 2 pound(s)	fish fillets	Fish and Vegetable Curry
<input type="checkbox"/> 2 pound(s)	ham	Ham Stir-Fry Breakfast
<input type="checkbox"/> 4 pound(s)	lamb loin	Lamb Fried Rice
<input type="checkbox"/> 4 piece(s)	pork loin chops (4-6 oz)	Easy Pork Loin Chops
<input type="checkbox"/> 2 medium	sausage(s)	Fried Eggs with Sweet Potato Hash

**DRY GOODS**

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 4 cup(s)	apple juice, unsweetened	Better-Than-Store-Bought Apple Chips
<input type="checkbox"/> 4 tablespoon(s)	arrowroot powder	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 8 cup(s)	chicken broth	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 8 cup(s)	coconut milk, full fat	Creamy Bacon and Parsnip Soup, Coconut Creamed Greens
<input type="checkbox"/> 2 can(s)	coconut milk, full fat (403 mL)	Fish and Vegetable Curry
<input type="checkbox"/> 4 cup(s)	coconut, unsweetened shredded	High Energy Breakfast Bars
<input type="checkbox"/> 4 cup(s)	olives, green or black	Cod with Arugula Tapenade and Celeriac Fries

**OILS AND CONDIMENTS**

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 4 tablespoon(s)	apple cider vinegar	Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/> 4 cup(s)	balsamic vinegar	Balsamic Braised Chicken and Vegetables
<input type="checkbox"/> 8 tablespoon(s)	coconut aminos	Lamb Fried Rice, Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/> 4 cup(s)	honey, raw	High Energy Breakfast Bars
<input type="checkbox"/> 4 cup(s)	maple syrup	Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/> 2 tablespoon(s)	red curry paste	Fish and Vegetable Curry
<input type="checkbox"/> 4 tablespoon(s)	sesame oil	Lamb Fried Rice

**NUTS AND SEEDS**

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 8 cup(s)	almonds	High Energy Breakfast Bars, Steak and Brussels Sprouts Skillet
<input type="checkbox"/> 4 cup(s)	cashews	High Energy Breakfast Bars
<input type="checkbox"/> 2 tablespoon(s)	flax seeds, ground	Green Smoothie
<input type="checkbox"/> 2 cup(s)	hazelnuts	Raw Cabbage and Pineapple Salad

**HERBS AND SPICES**

QUANTITY	ITEM NAME	USED IN
<input type="checkbox"/> 34 teaspoon(s)	black pepper	Fried Eggs with Sweet Potato Hash, Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, Spinach Salad, Cod with Arugula Tapenade and Celeriac Fries, Ham Stir-Fry Breakfast, Steak and Brussels Sprouts Skillet, Easy Pork Loin Chops, Coconut Creamed Greens, Roasted Pepper and Sausage Omelet, Easy Side Salad with Lemon
<input type="checkbox"/> 4 tablespoon(s)	capers	Cod with Arugula Tapenade and Celeriac Fries
<input type="checkbox"/> 2 teaspoon(s)	chili powder	Tex-Mex Breakfast Scramble

<input type="checkbox"/>	8 cup(s)	cilantro, fresh	Lettuce Wraps, Tex-Mex Breakfast Scramble, Fish and Vegetable Curry
<input type="checkbox"/>	4 teaspoon(s)	cinnamon	Better-Than-Store-Bought Apple Chips
<input type="checkbox"/>	4 whole	cinnamon stick	Better-Than-Store-Bought Apple Chips
<input type="checkbox"/>	2 teaspoon(s)	cumin	Tex-Mex Breakfast Scramble
<input type="checkbox"/>	28 medium	garlic clove(s)	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, Lamb Fried Rice, Cod with Arugula Tapenade and Celeriac Fries, Lettuce Wraps, Coconut Creamed Greens, Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/>	10 teaspoon(s)	ginger, fresh	Lamb Fried Rice, Green Smoothie, Slow Cooker Maple Bacon Chicken Legs
<input type="checkbox"/>	4 teaspoon(s)	nutmeg, ground	Creamy Bacon and Parsnip Soup
<input type="checkbox"/>	4 teaspoon(s)	paprika	Easy Pork Loin Chops
<input type="checkbox"/>	2 tablespoon(s)	parsley, fresh	Roasted Pepper and Sausage Omelet
<input type="checkbox"/>	4 teaspoon(s)	sage, dried	Easy Pork Loin Chops
<input type="checkbox"/>	32 teaspoon(s)	sea salt	Creamy Bacon and Parsnip Soup, Balsamic Braised Chicken and Vegetables, High Energy Breakfast Bars, Cod with Arugula Tapenade and Celeriac Fries, Steak and Brussels Sprouts Skillet, Easy Pork Loin Chops, Coconut Creamed Greens, Tex-Mex Breakfast Scramble, Easy Side Salad with Lemon
<input type="checkbox"/>	6 teaspoon(s)	thyme, dried	Ham Stir-Fry Breakfast, Easy Pork Loin Chops
<input type="checkbox"/>	4 tablespoon(s)	thyme, fresh	Balsamic Braised Chicken and Vegetables

**OTHER****QUANTITY****ITEM NAME****USED IN**

<input type="checkbox"/>	2 cup(s)	water	Green Smoothie
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