

# GROCERY LIST

## {Week #1 Sample Plan}

### ADJUSTMENTS:

- Don't forget to check your pantry. If you're out of any staples, add them to the list (this is a great habit to start cultivating).
- Usually, I always let you choose what breakfast you're going to make. For this week, I am designating one breakfast - the **Roasted Potato + Pea Frittata** to be cooked on Sunday. That will make 6-8 servings, one of which you'll use for a lunch. For the weekend, you may also want to pick up ingredients for the SPECTACULAR Bom Dia Muffins {a bonus recipe included}.
- This week, the *Spicy Vegetables Noodles with Cilantro-Pistou* is being made without the Spicy Ground Beef. If you'd like to add it, add ingredients to grocery list!
- So aside from Frittata (factoring in Sunday breakfast and one other serving for a lunch), decide what else you'd want to have for breakfast, then add those ingredients to the grocery list as well.

REFRIGERATED:	PRODUCE - ORGANIC WHEN POSSIBLE:
Feta (cow or goat's milk), <i>optional</i>	1 head of Bibb or Butter lettuce
1.5 lbs. raw, wild-caught shrimp with shells on (31-35 ct.)	1 head of Red or Green Lettuce
6 organic, pasture-raised chicken thighs	2 bunches of carrots (rainbow if available)
1 bag frozen organic corn	4 zucchini
1 bag organic frozen peas	3 bell peppers
8 pasture-raised eggs	1 bunch of green onions (at least 5)
Organic, grass-fed Greek yogurt, <i>optional</i>	16 crimini mushrooms
Grass-fed goat cheese (chevre), <i>optional</i>	2 summer squash (yellow, look like zucchini)
MIDDLE AISLE PANTRY:	1.5-2 lbs. or 1 bag of small potatoes (usually 2 lbs.)
Organic, cold-pressed olive oil	1.5 lbs. snap peas
Organic low-sodium Tamari OR coconut aminos	1 bunch of asparagus
Organic, raw apple cider vinegar	Small red onion or shallot
1 (15 oz.) can organic coconut milk	English cucumber
Organic, grass-fed ghee (optional: grass-fed butter or olive oil okay too)	1 bunch of radish (watermelon or rainbow if available)
1 small jar green Manzanilla olives	2 avocados
1 small jar artichoke hearts	1 jalapeno (or 1 jar of jalapenos)
1 jar minced garlic (OR 8 garlic cloves)	1 small box of arugula (or 4 handfuls)
1 small jar of peppadew peppers	1 small box of spinach (or 4 handfuls)
Organic Dijon mustard	1 small bunch of red or Swiss chard
Organic maple syrup	2 leeks
1 jar organic lemon juice (or 1 lemon)	Knob of fresh ginger
1 jar organic lime juice (or 1 lime)	Bunch of fresh parsley
1/4 cup organic Valencia peanuts, <i>optional</i>	Bunch of fresh cilantro
3/4 cup organic peanut butter	1 (.75 oz.) box of basil
1 (15 oz.) jar/can black or kalamata olives	1 (.75 oz.) box of dill weed or 1 fresh bunch
1/2 cup organic cashews	1 lemon (if not getting jar of lemon juice)
	1 lime (if not getting jar of lime juice)