

■ Weekly Meal Plan Shopping List ■

Proteins

- 1 ½ lbs chicken thighs, boneless & skinless (680 g)
- 2 lbs ground beef
- 4-6 chicken thighs, bone in, skin on
- 2 lbs boneless, skinless chicken breasts or thighs
- 1 lb ground turkey

Produce

- 1 red bell pepper, diced (125 g)
- 1 cup broccoli florets (150 g)
- 1 Tbsp chopped cilantro
- 1.5 cups pineapple chunks (300 g)
- ½ onion, sliced
- 6 oz sliced mushrooms
- ½ yellow medium onion, chopped
- 2-3 bay leaf
- 1 cup spinach
- 0.5 cup chopped onion
- 2 cloves garlic

Pantry Staples

- 3 Tbsp Thai green curry paste (45 g)
- 1 can coconut milk (14 oz | 400 ml)
- 2 tsp Worcestershire sauce
- 1 cup long-grain white rice
- 15 oz red kidney beans, drained and rinsed
- 1 cup coconut milk, unsweetened
- 1 cup bone broth
- 16 oz jar salsa verde (tomatillo salsa)
- 4 oz diced green chiles
- 1 jar tomato sauce (650 mL)
- 1.5 cups gluten-free penne pasta

Spices & Seasonings

- ¼ tsp sea salt
- ¼ tsp ground black pepper
- Salt and pepper to taste
- 3 Tbsp jerk seasoning
- 1 tsp ground cinnamon
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 Tbsp minced garlic
- 1 tsp oregano
- ¼ tsp black pepper
- ¼ tsp salt

Oils & Fats

- 1 Tbsp avocado oil
- 2 Tbsp olive oil
- 2 Tbsp tallow or butter
- 1 Tbsp olive oil
- 1 Tbsp avocado oil

Dairy & Alternatives

- 8 oz dairy-free cream cheese, softened
- 3 Tbsp vegan parmesan or nutritional yeast

Other

- 1 C pork rind crumbs
- 1 large egg
- 2 C beef broth
- 1 tsp xanthan gum