

September Meal Plan Shopping List

Proteins

- 1 ½ lbs. ground beef
- 3 pounds chicken breasts
- 4 bone-in, skin-on chicken thighs
- 1.2 kg stir fry beef
- 2 chicken breasts (cut into small pieces)
- 1 egg

Produce

- 1 large onion, diced
- 1 bag cabbage coleslaw mix
- 2 bell peppers, sliced
- 1 carrot, julienned
- ½ sweet onion (optional)
- 2 tablespoons lime juice
- Juice from ½ a lemon
- 1 lemon, juiced

Pantry Staples

- ½ cup honey
- 4 Tbsp. sugar free honey
- ½ cup coconut aminos or gluten-free soy sauce
- ¼ cup soy sauce
- 2 Tbsp. soy sauce (for Thai sauce)
- 200 mL tomato sauce
- ¼ cup broth
- 2 Tbsp. broth (for Thai sauce)
- ¼ cup water
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. olive oil
- 2 Tbsp. oil (for frying)
- 1 cup gluten-free baking flour
- ½ cup gluten-free breadcrumbs

- 1 Tbsp. peanut butter

Spices & Seasonings

- 1 Tbsp. minced garlic
- 3 tsp. minced garlic
- 1 Tbsp. garlic, minced
- 2 tsp. garlic powder
- 1 tsp. garlic powder
- 1.5 Tbsp. cumin
- 1 Tbsp. chili paste
- 1 Tbsp. chili powder
- ½ tsp. black pepper
- 1 tsp. sesame oil
- ½ tsp. ginger powder
- 1 Tbsp. minced ginger
- 1 tsp. ginger (for Thai sauce)
- ½ tsp. onion powder
- 2 tsp. dried thyme
- ½ tsp. paprika
- 1 tsp. salt
- Salt and pepper to taste

Condiments & Sauces

- 1 Tbsp. fish sauce