

# Weekly Meal Plan Shopping List

## Proteins

- 0.53 kg sirloin steak
- 8 boneless skinless chicken thighs
- 2 boneless chicken breasts
- 4 chicken breasts (or 2 super large ones)
- 1 cup edamame, frozen & shelled

## Produce

- 3 cloves garlic, sliced
- 3 cloves garlic
- 2 cups broccoli, chopped
- 3 carrots
- 2 green onions
- 4 cups Brussels sprouts, quartered
- 1 pound mini potatoes, sliced in half or quartered
- 2 dates
- 1 orange, juiced (~¾ cup)
- 4 cups green beans (optional)
- ■ cup lemon juice, freshly squeezed

## Pantry Staples

- 3 Tbsp soy sauce
- 1 Tbsp apple cider vinegar
- 2 Tbsp apple cider vinegar
- ¾ cup ketchup
- 1 Tbsp Worcestershire sauce
- 3 Tbsp honey
- ½ Tbsp honey
- 2 Tbsp molasses
- ■ cup miso paste
- 2.5 Tbsp rice vinegar
- ¼ cup balsamic vinegar
- 3 Tbsp maple syrup

## Spices & Seasonings

- 1 tsp dried ginger
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp red pepper flakes (optional)
- 1 tsp sea salt

## Oils

- 1 Tbsp oil
- 1 Tbsp oil (for bowls)
- 1 Tbsp avocado oil
- 3 Tbsp avocado oil (for sauce)
- ■ cup avocado oil

## Grains & Noodles

- 4 rolls soba noodles (buckwheat noodles)