

■ Fall Meal Plan Shopping List ■

Proteins

- 3-4 lbs chicken legs
- 2 lbs boneless, skinless chicken thighs (cut into bite-sized pieces)
- ½ lb salmon, cut into 1" pieces
- 1 lb ground beef
- 1 lb lean ground chicken

Produce

- ½ onion, chopped
- 1 cup cherry tomatoes, halved
- 2 tsp minced garlic
- 1 avocado, diced
- ½ avocado
- ¼ cup shredded carrots
- 2 medium sweet potatoes, cut into 1" pieces
- 1 cup broccoli florets
- ½ sweet onion, chopped
- 1 small white onion, diced
- 4 large cloves garlic, chopped
- 3 large carrots, peeled & cut into ½-inch cubes (1 ¾ cups)
- 3 celery stalks, halved lengthwise & sliced (1 cup)
- 1 lemon, zested & juiced
- 3 Tbsp chopped fresh dill + more for serving

Pantry Staples

- 1 cup BBQ sauce of choice
- 2-3 Tbsp rotisserie seasoning or BBQ seasoning
- ½ cup water
- ¼ cup chicken broth
- 4 Tbsp BBQ sauce
- ¼ cup bacon pieces
- 1 cup dairy-free cheese, shredded
- 1 cup teriyaki sauce (gluten-free)

- 1 Tbsp soy sauce
- 1 cup pre-cooked jasmine rice
- ¼ cup edamame
- ¼ cup gluten-free breadcrumbs
- ¼ cup BBQ sauce
- ¼ cup ketchup
- 2 Tbsp coconut palm sugar
- 1 Tbsp Worcestershire sauce
- 8 cups low-sodium chicken broth or bone broth
- 8 oz gluten-free pasta

Spices & Seasonings

- 1 tsp chili powder
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika
- Cayenne pepper to taste
- Salt and pepper to taste
- 2 tsp Italian seasoning
- 1 ½ tsp ground coriander
- Kosher salt & freshly ground black pepper

Oils & Fats

- 2 Tbsp olive oil
- 1 Tbsp sesame oil
- 2 Tbsp avocado oil
- 1 Tbsp extra-virgin olive oil

Other

- 1 large egg