

■ Next Week's Meal Plan Shopping List ■

Proteins

- 2 cups cooked chicken, chopped
- 1 cup cooked bacon, finely chopped (about 8 slices)
- 5 sausage links, sliced
- 0.5 kg sterling silver sirloin marinating steak
- 1 lb ground beef
- 4 chicken breasts, cut into chunks

Produce

- 2 cups mini potatoes, quartered
- 2.5 cups broccoli or cauliflower, finely chopped
- 1.5 Tbsp green onions, chopped
- 2 bell peppers, sliced
- ½ cup leek, sliced
- 3 cloves garlic, minced
- ½ onion
- 1 carrot, peeled and slivered
- 8 mushrooms, cut in chunks
- 2 bell peppers, sliced (for bowls)
- ■ cup chopped green onions
- 2 cloves garlic (for chicken recipe)
- ■ cup leek, sliced
- ¾ cup sun-dried tomatoes (210 mL jar, oil drained)
- ½ cup fresh basil, sliced into ribbons
- 2 cups spinach

Pantry Staples

- 1 ■ cups coconut milk Alfredo sauce
- ■ cup nutritional yeast (optional)
- ■ cup dairy-free shredded cheese (optional)
- 2 cups bone broth
- 1.25 cups rice, uncooked
- 1 cup tomato sauce

- 2 Tbsp tomato paste
- 1 Tbsp avocado oil
- 0.5 cup chicken broth
- 0.5 cup coconut milk
- 3 cups cooked rice

Spices & Seasonings

- ½ tsp salt
- ¼ tsp red pepper flakes
- 1 tsp salt (for sausage & rice)
- Pepper to taste
- ½ tsp paprika
- Pinch cayenne pepper (optional)
- 1 Tbsp chili powder
- 1.5 Tbsp garlic powder
- 2 tsp onion powder
- 1 Tbsp cumin powder
- 1 tsp salt
- ½ tsp paprika
- ¼ tsp ground ginger
- Pepper to taste

Sauces & Condiments

- 1 tsp soya sauce
- ■ cup soya sauce
- ■ cup coconut palm sugar
- ½ cup water
- ½ Tbsp sesame oil
- 1 Tbsp rice vinegar or apple cider vinegar
- 1.5 Tbsp arrowroot powder
- ¼ cup arrowroot powder
- 1 tsp sesame oil

Oils & Fats

- 1 Tbsp avocado oil (for steak)
- 1 Tbsp avocado oil (for bowls)