

March 6 Meal Plan Shopping List

Proteins

- 3 chicken breasts (bite-sized chunks)
- 4 chicken breasts
- 3 chicken breasts (second recipe)
- 1 lb ground beef
- 3 lbs beef chuck roast

Produce

- Garlic (approx. 8 cloves total)
- ½ cup onion chopped
- 1 small yellow onion diced
- 2.5 cups broccoli finely chopped
- ¾ cup frozen peas
- ½ cup sundried tomatoes in oil
- Fresh ginger (approx. 1.5 inches)
- ¼ cup fresh cilantro
- Limes (¼ cup juice + extra wedges)

Pantry & Dry Goods

- Arrowroot powder (■ cup + 1.5 Tbsp + 1 Tbsp)
- ■ cup honey
- ¼ cup tamari (GF soy sauce)
- Water (■ cup + ½ cup)
- Apple cider vinegar (1 Tbsp + 2 Tbsp)
- Avocado oil (2 Tbsp + 1 Tbsp)
- Oil for cooking (2 Tbsp)
- 2 Tbsp garlic powder
- Salt (approx. 3 tsp total + to taste)
- Cayenne pepper
- ½ tsp paprika
- ½–1 tsp tabasco
- ■ cup potato starch
- Soya sauce (1 tsp + ■ cup)

- ■ cup coconut palm sugar
- ½ Tbsp sesame oil
- 1 Tbsp rice vinegar or apple cider vinegar
- ¼ tsp ground ginger
- 1 can coconut milk
- 2 cups chicken broth
- 3 Tbsp nutritional yeast
- 2 cups quinoa macaroni noodles
- Ground pepper
- 4 chipotle chilies in adobo
- ½ cup beef bone broth
- 1 Tbsp ground cumin
- 1 Tbsp dried oregano
- ½ tsp ground black pepper
- 2 bay leaves