

Weekly Meal Plan Shopping List

Meat / Protein

- 4–6 bone-in chicken thighs
- 1.10 lb boneless skinless chicken breast
- 2 boneless chicken breasts
- 1.5 lbs ground venison
- 4 boneless pork chops

Produce

- ½ yellow onion
- 1 onion
- 3–5 cloves garlic
- 2 cups broccoli florets
- 1 cup zucchini, chopped
- 4 cups Brussels sprouts
- 1 orange (for juice)
- 1 lb mini potatoes
- 2 dates

Canned / Jarred

- 15 oz red kidney beans
- 1 can mixed beans (15 oz)
- 28 oz crushed tomatoes
- 1 cup unsweetened coconut milk
- 1 cup applesauce

Pantry

- 1 cup long-grain white rice
- Bone broth
- Soy sauce

- Brown sugar
- Rice vinegar
- Dijon mustard
- Olive oil
- Avocado oil
- Butter

Spices & Seasonings

- Jerk seasoning
- Cinnamon
- Kosher salt
- Black pepper
- Garlic powder
- Dried thyme
- Dried rosemary
- Oregano
- Basil
- Cayenne pepper
- Chili powder
- Sea salt
- Bay leaves