

# Updated October Meal Plan Shopping List

## Proteins

- 3 boneless, skinless chicken breasts
- 2.5 lbs raw ground beef
- 4 chicken breasts, boneless & skinless
- 1.5 lbs ground beef
- 8 slices bacon

## Produce

- 2 cloves garlic
- 3 tomatoes
- 3 heads lettuce

## Pantry Staples

- 1 Tbsp arrowroot powder
- 3 cups chicken broth (warmed)
- ½ cup coconut milk (canned)
- 1 tsp onion powder
- ½ cup nutritional yeast (plus more for topping)
- ½ tsp salt
- ½ cup dairy-free cheese (shredded)
- 2 cups frozen peas
- ½ cup sun-dried tomatoes (chopped)
- 227 g quinoa rice noodles (fusilli preferred)
- 2 Tbsp garlic powder
- 2 tsp smoked paprika
- 1 Tbsp chili powder
- 1 tsp sea salt
- Taco kit
- 2 Tbsp oil (for cooking)

- 1 Tbsp olive oil
- 1 cup ketchup
- 2 Tbsp coconut palm sugar
- 2 Tbsp mustard
- 2 Tbsp Worcestershire sauce (gluten-free)
- 1½ cups mayonnaise (or yogurt)
- ½ cup ranch dressing
- 2 cups shredded cheddar cheese

## **Spices & Seasonings**

- ½ tsp paprika
- 2 Tbsp garlic powder (for chicken)
- 2 tsp salt (for chicken)
- ■—¼ tsp cayenne pepper
- ½–1 tsp Tabasco
- ½ tsp salt (for sloppy joe mix)
- ½ tsp pepper