

 Weekly Grocery List			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday
			Detox Kale Butternut & Lentil Soup	Blackened Sweet & Spicy Salmon	Crock Pot Honey Mustard Chicken & Herb Roasted Sweet Potatoes	White Chicken Chili	Greek Salad with Grilled Chicken	Crock Pot Black Bean Soup
	Total	Unit						
Produce								
Bell Peppers - Red	2	#						2
Butternut Squash	1	#	1					
Carrots	6	#	2			4		
Celery	3	ribs	2			3		
Dino Kale (aka Lacinto)	1	bunch	1 bunch					
Garlic Cloves	14	#	3		2	4	1	4
Green Onions	1	bunch						1 bunch for garnish
Lemon	1	#		juice of half				
Lettuce, ice berg	1/2	head					1/2 head	
Lettuce, romaine	1	head					1 head	
Onions	3	#	1			1		1
Tomatoes	1	#					1	
Middle Aisles								
Apple Cider Vinegar	1/4	cups					1/4 cup	
Beans, Black - 1 lb Bag	1	#						1
Beans, White - 14oz can	1	#				1		
Chilis - Diced, Green - 4oz Can	1	#				1		
Coconut Oil	3	tblsp	2 tblsp			1 tblsp		
Dijon Mustard	1/2 cup + 1 tsp	cups, tsp			1/2 cup		1 tsp	
Honey	5	tblsp		2 tblsp	3 tblsp			
Hot Sauce of choice	1	tsp						1 tsp
Lentils, green	1 1/2	cups	1 1/2 cups					
Olives, black or kalmata	1/2	cups					1/2 cup	
Olive Oil	1/2 cup + 1 tblsp	cups, tblsp				1 tblsp	1/2 cup	
Quinoa - Uncooked	1	cups			1 cup			
Rice Wine Vinegar	1	tblsp			1 tblsp			
Tapioca Starch (or arrowroot)	2	tblsp				2 tblsp		
Low Sodium Veggie Broth 32 oz Container	3	#	6 cups			1		7 cups
Frozen Aisle								
Meats, Chicken, Eggs, Seafood								
Chicken Breasts - Organic	7	#			2	3	2	
Pancetta	6	slices					6 slices	
Salmon, 4 oz filet	3	#		3				
Dairy & Refrigerated Items								
Butter, grass-fed if possible	2	tblsp			2			
Cheddar Cheese, grass-fed	2	slices			2 slices			
Feta Cheese	1/4	cups					1/4 cup	
Spices								
Basil, dried	1/2	tsp					1/2 tsp	
Bay Leaves	2	#						2
Cayenne	3/4	tsp	1/4 tsp	1/4 tsp				1/4 tsp
Chili Powder	1	tsp		1 tsp				
Cinnamon	1/4	tsp	1/4 tsp					
Coconut Sugar	2	tsp		2 tsp				
Coriander	1/4	tsp	1/4 tsp					
Cumin	2 1/2 tblsp + 3 tsp	tblsp, tsp	1 tsp	1 tsp		1 tblsp + 1 sp		1 1/2 tblsp
Garlic Powder	3/4	tsp		1/4 tsp		1/2 tsp		
Oregano, Dried	1	tsp					1 tsp	
Paprika	2	tsp		2 tsp				
Pepper	3 3/4	tsp	1 tsp		1/2 tsp	1 3/4 tsp		1/2 tsp
Red Pepper Flakes	1	tsp			1/2 tsp			1/2 tsp
Sea Salt	1 tblsp + 3 1/2 tsp	tblsp, tsp	1 tblsp	1 tsp	1 tsp	1 1/2 tsp		
Turmeric	1	tsp	1 tsp					
Yellow Curry Powder	1	tsp	1 tsp					