Healing Whole NUTRITION

Weekly Grocery List

	Total	Unit	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday	Treat!
			Crock Pot Baby Back Ribs & Cauliflower Mash	Sloppy Joe Spaghetti Squash Casserole	Mixed Veggie Coconut Curry	Almond Butter Buddha Bowl	Spicy Baked Eggs	Almond Flour Baked Chicken Tenders & Roasted Broccoli	Lightened-up Peanut Butter Cups
Produce									
Basil - Fresh	1/4	cups					1/4 cup - garnish		
Broccoli	2	heads				2 heads			
Cabbage	1/2	heads				1/2 head			
Carrots	9	#			4	5			
Cauliflower	1	heads	1						
Garlic Cloves	9	#	1	2	3		3		
Green Beans - Fresh	3	cups			3 cups				
Green Pepper (or any color)	3	#		2	1				
Lime	1	#				juice of 1			
Mushrooms	2	cups			2 cups				
Onions	2	#		1			1		
Spaghetti Squash	1	#		1					
Sweet Potatoes	1	#			1				
Yellow Summer Squash	2	#			2				
Zucchini	2	#			2				
Middle Aisles									
Almond Butter	1/2	cups				1/2 cup			
Almond Flour	1 1/4	cups						1 1/4 cups	
Arrabiata Sauce	1	jar					1 jar		
BBQ Sauce of choice	1/2	cups	1/2 cup						
Chocolate Chips - Dark, Organic	1	cups							1 cup
Coconut Flour	1	tbsp							1 tbsp
Coconut Milk - Full Fat Can	1	#			1				
Coconut Oil	8	tbsp		1 tbsp	2 tbsp	1 tbsp	1 tbsp	2 tbsp	1 tbsp
Honey	1	tbsp				1 tbsp			
Ketchup - Organic	1/3	cups		1/3 cup					
Maple Sryup - Real, not pancake	3	tbsp							3 tbsp
Peanut Butter - Creamy, Organic	3/4	cups							3/4 cup
Quinoa	1	cups				1 cup			
Sesame Oil	1	tsp				1 tsp			
Sesame Seeds - White	2	tbsp						2 tbsp	
Soy Sauce - GF Tamari is best	3	tbsp				3 tbsp			
Tapioca Starch/Flour (or arroawroot powder)	1/4 c + 1 tbsp	cups + tbsp						1/4 cup + 1 tbsp	
Tomato Paste	3	tbsp		2 tbsp			1 tbsp		
Low Sodium Veggie Broth 32 oz box	1	#	2 tbsp	1/4 cup	2-3 cups				
Worcestershire Sauce	2	tbsp		2 tbsp					
Frozen Aisle									
Frozen Peas	1 1/2	cups			1 1/2 cups				
Meats, Chicken, Eggs, Seafood									
Baby Back Ribs	1 1/2	lb	1 1/2						
Bacon	4	slices					4		
Chicken Breasts	5	#				2		3	
Eggs	12	#		3			6	3	
Ground beef or turkey	1	lb		1					
Dairy									
Butter (grass-fed Kerrygold)	1	tbsp	1 tbsp						
Spices									
Cayenne	3/4	tsp			1/2 tsp			1/4 tsp	
Coconut Sugar	1/2	tsp			1/2 tsp				
Curry Powder - Yellow	2	tbsp			2 tbsp				
Garlic Powder	2 1/4	tsp	1 tsp			1/4 tsp		1 tsp	
Mustard Powder	1	tsp						1 tsp	
Paprika	1/2	tsp						1/2 tsp	
Pepper	2 3/4	tsp	1tsp	1/2 tsp	1/2 tsp	1/4 tsp		1/2 tsp	
Sea Salt	6 1/4	tsp	2 tsp	1 tsp	2 tsp	1/2 tsp		1/2 tsp	1/4 tsp
Vanilla Extract	1/2	tsp							1/2 tsp