

 Weekly Grocery List			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday
			Sweet Potato Cashew Alfredo	Paleo Quiche	Spaghetti Squash Chili 3-Way	Spicy Baked Eggs	Roasted Butternut Squash Soup	Fall Superfood Salad with Apple Cider Vinaigrette
	Unit	Total						
Produce								
Apple - Either Granny Smith or Pink lady	1	#					1	
Baby Spinach	4	cups	4 cups					
Basil - Fresh	1/4	cups				1/4 cup		
Beets - Red	2	#						2
Bell Pepper - Red	2	#			2			
Brussels Sprouts	1	lbs					1 lb	
Butternut Squash	2	#					2	
Carrots	3	#			3			
Celery	4	ribs			4			
Delicata Squash	1	#						1
Garlic Cloves	13	#	3	3	3	3		1
Lemons	1	#						1 1/2 tbsp fresh juice
Mixed Greens	6	cups						6 cups
Mushrooms, button, sliced	1	cups		1 cup				
Onions	3	#			1 + more for garnish	1	1	
Spaghetti Squash	1	#			1			
Spinach	2	cups		2 cups				
Sweet Potatoes	4	#	4					
Middle Aisles								
Almond Flour	2 1/4	cups		2 cups				1/4 cup
Apple Cider Vinegar	1/4	cups						1/4 cup
Cashews	2	cups	2 cups					
Coconut Oil	7 1/2	tbsp		1/2 tsp	1 tbsp	1 tbsp	3 tbsp	2 tbsp
Dijon Mustard	1	tbsp						1 tbsp
Honey	1	tbsp						1 tbsp
Marinara Sauce - Spicy Arrabiata	1	jar				1 jar		
Olive Oil	1/2 + 1/3	cups		1/3 cup				1/2 cup
Pine Nuts	1	cups						1 cup
Tomatoes - Canned & Crushed	1	#			32 oz can			
Tomato Paste	2	#			1 4oz jar	1 tbsp		
Veggie Broth	8 1/2	cups	1 1/2 cups		3 cups		4 cups	
Frozen Aisle								
Peas - Frozen	1	cups	1 cup					
Meats, Chicken, Eggs, Fish								
Bacon	25	slices	7			4	8	6
Beef - Ground - Grassfed if possible	1	lbs			1 lb			
Eggs	12	#		6		6		
Turkey - Ground	1	lbs				1 lb		
Dairy & Refrigerated Items								
Butter - Grassfed - Kerrygold!	1	tbsp	1 tbsp					
Cheese of choice	1	cups			1 cup			
Unsweetened Coconut Milk	1/3	cups		1/3 cup				
Goat Cheese	1/3	cups						1/3 cup
Spices								
Cayenne Pepper	1	tsp			1 tsp			
Chili Powder	3 tbsp + 1 tsp	tbsp/tsp			3 tbsp		1 tsp	
Cinnamon	1	tsp					1 tsp	
Coconut Sugar	1 1/2	tsp			1 1/2 tsp			
Cumin	1 1/2 tbsp + 1 tsp	tbsp/tsp			1 1/2 tbsp		1 tsp	
Dried Oregano	2	tsp			2 tsp			
Paprika	1	tsp			1 tsp			
Pepper	2	tsp	1/4 tsp	1/4 tsp	1 tsp		1/2 tsp	to taste
Red Pepper Flakes	1/8	tsp		1/8 tsp				
Sea Salt	4	tsp	1/2 tsp	1/2 tsp	2 tsp		1 tsp	to taste