

 <b>Weekly Grocery List</b>			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday
			Sloppy Joe Spaghetti Squash Casserole	Almond Flour Chicken Tenders & Roasted Broccoli	Roasted Winter Veggie Salad	Crock Pot Sausage & Peppers	Coconut Chicken Chickpea Curry	Paleo Tomato Soup & GF Grilled Cheese Croutons
	Total	Unit						
<b>Produce</b>								
Beets - Red	2	#			2			
Bell Peppers - Green	1 1/2	#	1/2			1		
Bell Peppers - Red	1 1/2	#	1/2			1		
Broccoli	1	head		1 head				
Brussels Sprouts	2	cups			2 cups			
Carrots	7	#			2			5
Collard Greens	1	bunch					1	
Garlic Cloves	13	#	2		1	3	3	4
Ginger, fresh	2	tbsp					2 tbsp	
Lime	1	#					juice of 1	
Mixed Greens	6	cups			6 cups			
Onions	5	#	1			1	1	2
Parsnip	1	#			1			
Spaghetti Squash	1	#	1					
<b>Middle Aisles</b>								
Almond Flour	1 1/4	cups		1 1/4 cups				
Balsamic Vinegar	1/4	cups			1/4 cup			
Bread, Gluten Free	4	slices						4 slices
Cashews	1/2	cups			1/2 cup			
Chickpeas, canned, 14oz	1	#					1	
Coconut Milk, full-fat, can, 14 oz	2	#					1	1
Coconut Oil	11	tbsp	1 tbsp	4 tbsp	2 tbsp	1 tbsp	2 tbsp	1 tbsp
Dijon Mustard	1	tbsp			1 tbsp			
Ketchup	1/3	cups	1/3 cup					
Marinara	1/2	jar				1/2 jar		
Olive Oil	1/2	cups			1/2 cup			
Tapioca Starch (or Arrowroot)	1/4 cup + 1 tbsp	cups, tbsp		1/4 cup + 1 tbsp				
Tomato Paste - 4oz Can	1	#	2 tbsp					
Tomatoes - Crushed, 32 oz can	2	#				1	1	
Tomatoes - Whole, 32oz can	2	#						2
Low Sodium Veggie Broth 32 oz Container	2 1/4	cups	1/4 cup					2 cups
White Sesame Seeds	2	tbsp		2 tbsp				
Worcestershire	2	tbsp	2 tbsp					
<b>Frozen Aisle</b>								
<b>Meats, Chicken, Eggs &amp; Seafood</b>								
Beef - Ground, Grass-fed	1	lb	1 lb					
Chicken Breasts - Organic	4	#		3			1	
Eggs	6	#	3	3				
Italian Sausages - Raw	5	#				5		
<b>Dairy &amp; Refrigerated Items</b>								
Butter	2	tbsp						2 tbsp
Cheddar - Grass-fed	4	slices						4 slices
Goat Cheese - 4oz Log	1	log			1 log			
<b>Spices</b>								
Cayenne	1/4	tsp					1/4 tsp	
Cumin	1	tso					1 tsp	
Curry powder, yellow	2	tbsp					2 tbsp	
Garam Masala	1/2	tsp					1/2 tsp	
Garlic Powder	3	tsp		2 tsp	1 tsp			
Mustard Powder	1	tsp		1 tsp				
Paprika	1/2	tsp		1/2 tsp				
Pepper	3 1/4	tsp	1/2 tsp	1/2 tsp	3/4 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Red Pepper Flakes	3/4	tsp				1/4 tsp		1/2 tsp
Sea Salt	7 1/2	tsp	1 tsp	1/2 tsp	2 tsp	1 tsp	1 tsp	2 tsp