

 <b>Weekly Grocery List</b>			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday or Saturday
			Paleo Tomato Soup and Gluten Free Grilled Cheese Croutons	Mint Greek Meatballs	Crock Pot Honey Mustard Chicken & Herb Roasted Sweet Potatoes	Chicken Tender Salad	Chipotle Lime Shrimp	Fish Tacos
Total	Unit							
<b>Produce</b>								
Avocado	1	#						to garnish
Carrots	5	#	5					
Garlic Cloves	10	#	4	2	2		2	
Limes	2	#					juice of 2	
Mint, fresh	1/4 cup + 2 tbsp	cups, tbsp		1/4 cup + 2 tbsp				
Mixed Greens	6	cups				6 cups		
Onions	2 1/2	#	2	1/2				
Parsley	1/4	cups		1/4 cup				
Tomatoes	2	#				2		
<b>Middle Aisles</b>								
Almond Flour	1 1/4	cups		1/4 cup		1 cup		
Bread, Gluten Free	4	slices	4 slices					
Chipotle Peppers in Adobo, 4oz can	1	#					2 tbsp sauce	
Coconut Milk - 14 oz can	1	#	1					
Coconut Oil	5 1/2	tbsp	1 tbsp	1 tbsp		1 1/2 tbsp		2 tbsp
Dijon Mustard	1	cups			1/2 cup	1/2 cup		
Honey	3	tbsp			3 tbsp			
Olive Oil	1/2 cup + 2 tbsp	cups, tbsp				1/2 cup	2 tbsp	
Quinoa - Uncooked	1	cups			1 cup			
Rice Wine Vinegar	1	tbsp			1 tbsp			
Sesame Seeds, White	1	tbsp				1 tbsp		
Tapioca Starch (or arrowroot)	1/4	cups				1/4 cup		
Tomato Paste - 4oz Can	1	#		1				
Tomatoes - Whole, 32 oz	2	#	2					
Tortillas - gluten free	6	#						6
Low Sodium Veggie Broth 32 oz Container	2	cups	2 cups					
<b>Frozen Aisle</b>								
<b>Meats, Chicken, Eggs, Seafood</b>								
Beef, grass-fed, ground	1	lb		1 lb				
Chicken Breasts - Organic	4	#			2	2		
Eggs - pastured, organic if possible	5	#		1		4 (2 hardboiled)		
Mahi Mahi Filets, 3-4 oz	4	#						4
Shrimp, raw, peeled & deveined	1	lb					1 lb	
<b>Dairy &amp; Refrigerated Items</b>								
Butter, grass-fed if possible	2	tbsp	2 tbsp					
Cheddar Cheese, grass-fed	4	slices	4 slices					
<b>Spices</b>								
Chili Powder	1	tsp						1 tsp
Cumin	1	tsp						1 tsp
Garlic Powder	1	tsp				1 tsp		
Mustard, dried	1	tsp				1 tsp		
Onion Powder	1/2	tsp						1/2 tsp
Paprika	1	tsp				1/2 tsp		1/2 tsp
Pepper	2 1/4	tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/4 tsp	
Red Pepper Flakes	1 1/4	tsp	1/2 tsp	1/4 tsp	1/2 tsp			
Sea Salt	6	tsp	2 tsp	1 1/2 tsp	1 tsp	1/2 tsp	1/2 tsp	1/2 tsp