

 <b>Weekly Grocery List</b>			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
			Avocado Kale Salad with Chicken Breasts	Roasted Broccoli & Sweet and Spicy Salmon	Coconut Chickpea Masala	Orange Chicken Stir Fry	Salmon Cakes	Breakfast for Dinner Paleo Waffles!
	Total	Unit						
<b>Produce</b>								
Avocados	2	#	2					
Bananas	2	#						2
Broccoli	3	heads		2		1		
Carrots	1	#				1		
Celery	2	ribs					2	
Cilantro	1/4	cups			1/4 cup to garnish			
Curly Kale	1	bunch	1					
Garlic Cloves	8	#	2		4	3		
Ginger root - fresh	1	tblsp			1 tblsp			
Lemon	4	#	juice of 2	juice of half	juice of one		juice of half	
Mushrooms - Button, Sliced	1	cups				1 cup		
Onions	2 1/2	#			1	1	1/2	
Orange	3	#				3		
<b>Middle Aisles</b>								
Almonds	1/4	cups				1/4 cup to garnish		
Almond Butter	1/2	cups						1/2 cup
Baking Powder	1	tsp						1 tsp
Baking Soda	1	tsp						1 tsp
Chickpeas (aka Garbanzo) 14 oz	2	#			2			
Coconut Flour	1/2 cup + 2 tblsp	cups, tblsp					2 tblsp	1/2 cup
Coconut Milk, 14 oz	1	#			1 cup			
Coconut Oil	1/4 cup + 5 1/2 tblsp	cups, tblsp		1 1/2 tblsp	1 tblsp	1 tblsp	2 tblsp	1/4 cup
Fish Sauce	1/2	tsp				1/2 tsp		
Honey	3	tblsp		1-2 tblsp		1 tblsp		
Maple Syrup	1/2	cups						1/2 cup
Olive Oil	1/2	cups	1/2 cup					
Rice, White	1	cups				1 cup		
Soy Sauce (GF)	1/2	cups				1/2 cup		
Tapioca Starch (or Arrowroot)	1	tblsp				1 tblsp		
Tomatoes, Crushed - 32 oz	1	#			1			
Low Sodium Veggie Broth 32 oz Container	3/4	cups			3/4 cup			
White Sesame Seeds	2	tblsp				2 tblsp to garnish		
<b>Frozen Aisle</b>								
<b>Meats, Chicken, Eggs, Fish</b>								
Chicken Breasts - Organic	4	#	2			2		
Eggs	7	#					2	5
Salmon, 4 oz filets	6	#		3			3	
<b>Dairy &amp; Refrigerated Items</b>								
<b>Spices</b>								
Basil, dried	1/2	tsp					1/2 tsp	
Cayenne	1/2	tsp		1/4 tsp	1/4 tsp			
Chili Powder	1	tsp		1 tsp				
Cinnamon	2	tsp						2 tsp
Coconut Sugar	2 1/2	tsp		2 tsp	1/2 tsp			
Coriander	1 1/2	tsp			1 1/2 tsp			
Cumin	3 tsp	tsp		1 tsp	2 tsp			
Garam Masala	1 1/2	tsp			1 1/2 tsp			
Garlic Powder	2 3/4	tsp		3/4 tsp		1 tsp	1 tsp	
Nutmeg	1/4	tsp						1/4 tsp
Paprika	2	tsp		2 tsp				
Pepper	1 3/4	tsp	1/2 tsp	1/4 tsp		1/2 tsp	1/2 tsp	
Red Pepper Flakes	1/4	tsp				1/4 tsp	pinch	
Sea Salt	6 1/4 tsp	tsp	1 tsp	1 1/2 tsp	1 1/2 tsp	1 tsp	1 tsp	1/4 tsp
Turmeric	1/2	tsp			1/2 tsp			
Vanilla	1	tsp						1 tsp