

GROCERY LIST

Note: this meal plan feeds my family of 3 (2 adults with big appetites + 1 toddler). If you have a larger family increase ingredients/groceries as needed.

MEAT + DAIRY

- 2 CHICKEN BREASTS
*** Double if making extra batch of crockpot coconut curry chicken*
- 1 LB BONELESS SKINLESS CHICKEN THIGHS
- (2) 6 OZ BONELESS SALMON FILLETS
- 6 ORGANIC CAGE-FREE EGGS
- 12-OZ TURKEY SAUSAGE
*** Optional if you want to add sausage to breakfast bowls*
- 12-OZ ITALIAN SAUSAGE
*** Optional if you want to add sausage to homemade pizza*
- 1-OZ CRUMBLLED COTIJA CHEESE
- 1 CUP SHREDDED MOZZARELLA CHEESE

PANTRY/GRAINS

- (1) 15-OZ CAN SWEET CORN
- (1) 15-OZ CAN BLACK BEANS
- (1) 15-OZ CAN FULL-FAT COCONUT MILK
- 6-OZ PIZZA SAUCE
- 2 CUPS BROWN RICE
- (6) 6-INCH CORN OR WHOLE WHEAT TORTILLAS
- (1) WHOLE WHEAT OR GRAIN-FREE PIZZA CRUST DOUGH OR FROZEN PIZZA CRUST
- TORTILLA CHIPS
*** optional for salmon tacos*

VEGGIES/PRODUCE

- 8-10 BELL PEPPERS
*** Add additional 1-2 peppers if making extra batch of crockpot coconut curry chicken*
 - 2 ZUCCHINIS
 - 1 RED ONION
 - 6-8 MEDIUM CARROTS
 - 12 OZ GREEN BEANS
 - 12 OZ BRUSSELS SPROUTS
 - 12 OZ BABY POTATOES
*** May sub chopped sweet potatoes or squash*
 - 2 SWEET POTATOES
 - 2 AVOCADOS
 - 1 BUNCH CILANTRO
 - 1 BUNCH FRESH BASIL
 - 2-3 LIMES
 - 1 JALAPEÑO
*** optional for salmon tacos + pizza*
 - FROZEN SPINACH
*** optional for breakfast bowls + pizza*
 - 1/2 CUP BABY BELLA MUSHROOMS
*** optional for pizza*
- ## SAUCES/SPICES/OILS
- 3 TBSP GREEN CURRY PASTE
 - CHILI POWDER
 - DRIED OREGANO
 - MINCED GARLIC
 - AVOCADO OIL OR SPRAY OIL OF CHOICE
 - COCONUT OIL
 - TACO SEASONING