



Grocery List for Week Five

Look at your menu, pick your meals, check out the recipes. All the ingredients are listed below. Print and circle the ones you need for the recipes you choose. Remember you can always use ones from week one. Mix and match. You have so many healthy clean options!!!

Staples:

- Eggs
- Avocado
- Nut butter
- Raw nuts
- Deli Turkey
- Veggies for snacking and roasting as sides
- Hummus
- Olive oil/Sesame Oil/Coconut Oil (comes with no flavor, check whole foods or health food store)
- Low sodium soy Sauce and tamari
- Irish butter
- Canned Tuna/Chicken
- Honeycup mustard
- Mayo
- Salsa
- Lemons
- Limes
- Apple Cider Vinegar/White Wine Vinegar/Red Wine Vinegar/Balsamic Vinegar/Rice Wine Vinegar
- Red pepper flakes/Chili Powder
- Cumin
- Sea Salt/Kosher Salt
- Almond and Coconut flour and flax seed meal, in health food aisle or health store
- Vegetable/beef/chicken stock
- Honey

For your recipes:

- Lettuce
- Bibb lettuce or Radicchio
- Spaghetti squash
- Frozen shelled edamame
- Cauliflower rice
- Cherry tomato/tomato/diced
- Bell peppers
- Cucumber
- Asparagus
- Brussel sprouts
- Cauliflower (full head)
- Kale
- Sweet Potatoes
- Shredded slaw bag
- Jalapeno peppers
- Chipotle Peppers in Sauce
- Poblano peppers
- Tomatillos
- Red onion
- Onion
- Scallions (optional)
- Shallots
- Fresh Ginger
- Cilantro
- Rosemary
- Garlic
- Chia Seeds
- Unsweetened Almond and Coconut Milk
- Ground cayenne pepper
- Cinnamon
- Roasted Peanuts



- Cacao Powder
 - Pesto
 - Apples
 - Mango
 - Berries of choice
-
- **Proteins:**
 - Ground turkey (if you are making any of the taco or pesto meats recipes)
 - Chicken breast
 - Shrimp
 - Tuna Steaks
 - Tempeh (if vegetarian)



Notes and Additional Items: