



## **Grocery List for Week Four**

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
- Honey Cup 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
- Spaghetti squash
- Frozen shelled edamame
- Cauliflower rice
- Cherry tomato/tomato/diced
- Carrots
- Cucumber
- Asparagus
- Brussel sprouts
- Kale
- Sweet Potatoes
- Shredded carrots/carrots
- Shredded cabbage
- Jalapeno peppers
- Garbanzo beans
- Kidney Beans
- Red onion
- Onion
- Scallions (optional)
- Shallots
- Fresh Ginger
- Cilantro
- Basil/parsley/oregano/bay leaf
- Garlic
- Sesame Seeds
- Sliced almonds/pecans/pine nuts/
- Chia Seeds
- Unsweetened Almond and Coconut Milk
- Unsweetened coconut flakes (optional)
- Ground cayenne pepper
- Cinnamon
- Pumpkin spice
- Italian Seasoning
- Unsweetened dried cranberries
- Vanilla



- Cacao Powder
  - Small container of OJ
  - Approved Plain Greek yogurts
  - Quinoa
  - Parmesan cheese
  - Pesto
  - Organic Popcorn kernels
  - Brown paper bags
  - Apples
  - Berries of choice
  - Cherries
  - Grapes
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- **Proteins:**
  - Ground turkey (if you are making any of the taco or pesto meats recipes)
  - Chicken breast
  - Bone in chicken thigh skin
  - Shrimp
  - Salmon
  - Tempeh



## Notes and Additional Items:

### Clean Cut Grocery Shopping Fact Of The Week!

Trader Joe's heat and serve grilled chicken strips are a great grab. Easy to throw on salad or grab for a snack. You can find in the deli section.

