

Grocery List

*If you are printing the grocery list, then simply circle the items you need to get. (**GF** indicates to purchase gluten free if that is necessary for you. **DF** indicates to purchase a dairy-free substitute.) Remember to look at the back of the shelf for dairy products with expiration dates as far out as possible!*

ITEM	<u>MONTH 1</u> CHICKEN BREAST	<u>MONTH 2</u> CHICKEN THIGHS	<u>MONTH 3</u> BEEF/PORK
Chicken breast, boneless, skinless	12 breasts (About 6 lbs.)		
Chicken thighs, bone in, skin on		24 thighs (About 9 lbs.)	
Ground beef/or turkey			6 pounds
Pork shoulder (or chicken thighs)			6 pounds, boneless
Shrimp (optional)	1 pound	1 pound	1 pound
Salmon (optional)	2 filets	2 filets	2 filets
Olive oil	3 cup	1 cup	$\frac{3}{4}$ cup
Sesame oil	1 tablespoon	3 tablespoons	1 tablespoon
Raw honey	1 cup	$\frac{2}{3}$ cup	
Rice wine vinegar	1 tablespoon	$\frac{1}{2}$ cup	1 tablespoon
Balsamic vinegar	3 tablespoons	3 tablespoons	$\frac{1}{2}$ cup
Salt and pepper	Keep plenty on hand	Keep plenty on hand	Keep plenty on hand
Italian seasoning	4 tablespoon	4 tablespoon	2 tablespoons
Southwest (Taco) seasoning	3 tablespoons	6 tablespoons	6 tablespoon
Paprika	1 tablespoon	1 tablespoon	
Dried oregano	1 teaspoon	1 teaspoon	1 teaspoon
Quinoa	3 $\frac{1}{2}$ cups	3 $\frac{1}{2}$ cups	3 $\frac{1}{2}$ cups
Dried pasta GF	2 pounds	2 pounds	2 pounds
Chicken stock	10 cups (2 $\frac{1}{2}$ quart size cartons)	10 cups (2 $\frac{1}{2}$ quart size carton)	10 cups (2 $\frac{1}{2}$ quart size carton)
Beans (pinto, black, or white)	6 (15 oz.) cans	6 (15 oz.) cans	6 (15 oz.) cans
Tomato puree/ sauce	7 (15 oz.) cans	7 (15 oz.) cans	10 (15 oz.) cans
Canned corn	3 (15 oz.) cans	3 (15 oz.) cans	3 (15 oz.) cans
Parmesan cheese DF -Nutritional yeast	1 $\frac{3}{4}$ cups (apx. 7 oz.)	1 $\frac{3}{4}$ cups (apx. 7 oz.)	3 cups (apx. 12 oz.)
Cheddar or pepper jack cheese DF	2 $\frac{1}{2}$ cups shredded (about $\frac{3}{4}$ pound)	2 $\frac{1}{2}$ cups shredded (about $\frac{3}{4}$ pound)	2 $\frac{1}{2}$ cups shredded (about $\frac{3}{4}$ pounds)
Sour cream/ Or Greek yogurt	1 cup (8 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Butter (optional)	For use on bread	For use on bread	For use on bread
Half & half/ or heavy cream DF -Coconut cream	2 cups (1 pint)	2 cups (1 pint)	2 cups (1 pint)

Minced garlic (can buy fresh if you prefer)	12 tablespoons minced (36 cloves)	8 tablespoons (24 cloves)	8 tablespoons (24 cloves)
Dijon mustard	6 tablespoons		
BBQ sauce		3 cups	
Basil pesto	2 ¼ cup	¾ cup	¾ cup
Salsa	1 cup	7 cups	7 cups
Soy sauce GF	¾ cup	1 cup	2 tablespoons
Red wine	½ cup	½ cup	½ cup
Tortillas GF	16 small	16 small	16 small
Sourdough or garlic bread (<i>optional</i>) GF	1 loaf	1 loaf	1 loaf
Frozen Stir Fry vegetable mix	8 cups (about 64 oz. or 4 pounds)		
Frozen Recipe Base (onion & bell pepper)	3 cups (about 24 oz. or 1 ½ pounds)	3 cups (about 24 oz. or 1 ½ pounds)	6 cups (about 48 oz. or 3 pounds)
Lemons	6	4	1
Limes	3	3	3
Onions	3	3	3
Red or Yukon gold potatoes	6	6	6
Whole carrots	8	8	8
Avocado	2	2	2
Tomato	1	1	1
Lettuce	<i>*see below</i>	<i>* see below</i>	<i>* see below</i>
Salad toppings	<i>*Your choice</i>	<i>*Your choice</i>	<i>*Your choice</i>
Plastic freezer bags	12 gallon size	12 gallon size	6 gallon size plus 6 quart size
Breakfast items			
Beverages/ Snacks			
Misc.			

**Get enough salad fixings and fresh fruit to last you 2 weeks, then either do without for the second half of the month (you'll still be eating plenty of frozen/canned vegetables) or make a quick mid-month stop. If you want to make the Asian Lettuce Wraps (which is optional, you could make the Blue Ribbon Chili instead), you'll need at least one head of lettuce for the second week of the month.*