

Grocery List- 4 Servings per Meal

*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	24 breasts (About 12 lbs.)		
Chicken thighs, bone in, skin on		48 thighs (About 18 lbs.)	
Ground beef/or turkey			12 pounds
Pork shoulder (or chicken thighs)			12 pounds, boneless
Shrimp (optional)	2 pounds	2 pounds	2 pounds
Salmon (optional)	4 filets	4 filets	4 filets
Olive oil	6 cups	2 cup	1 1/2 cup
Sesame oil	2 tablespoon	6 tablespoons	2 tablespoon
Raw honey	2 cup	1 1/3 cup	
Rice wine vinegar	2 tablespoon	1 cup	2 tablespoon
Balsamic vinegar	6 tablespoons	6 tablespoons	1 cup
Salt and pepper	Keep plenty on hand	Keep plenty on hand	Keep plenty on hand
Italian seasoning	8 tablespoons	8 tablespoons	4 tablespoons
Southwest (Taco) seasoning	6 tablespoons	12 tablespoons	12 tablespoons
Paprika	2 tablespoon	2 tablespoon	
Dried oregano	2 teaspoons	2 teaspoons	2 teaspoons
Quinoa	7 cups	7 cups	7 cups
Dried pasta GF	4 pounds	4 pounds	4 pounds
Chicken stock	20 cups (5 of the quart size cartons)	20 cups (5 of the quart size cartons)	20 cups (5 of the quart size cartons)
Beans (pinto, black, or white)	12 (15 oz.) cans	12 (15 oz.) cans	12 (15 oz.) cans
Tomato puree/ sauce	14 (15 oz.) cans	14 (15 oz.) cans	20 (15 oz.) cans
Canned corn	6 (15 oz.) cans	6 (15 oz.) cans	6 (15 oz.) cans
Parmesan cheese DF -Nutritional yeast	3 ½ cups (about 14 oz.)	3 ½ cups (about 14 oz.)	6 cups, grated (about 24 oz.)
Cheddar or pepper jack cheese DF	5 cups shredded (about 1 ½ pounds)	5 cups shredded (about 1 ½ pounds)	5 cups shredded (about 1 ½ pounds)
Sour cream or Greek yogurt	2 cup (16 oz.)	2 cup (16 oz.)	2 cup (16 oz.)
Butter(optional)	For use on bread	For use on bread	For use on bread
Half & half/heavy cream DF -Coconut cream	4 cups (1 quart)	4 cups (1 quart)	4 cups (1 quart)

Minced garlic (can buy fresh if you prefer)	24 tablespoons minced (72 cloves)	16 tablespoons (48 cloves)	16 tablespoons (48 cloves)
Dijon mustard	12 tablespoons		
BBQ sauce		6 cups	
Basil pesto	4 ½ cups	1 ½ cup	1 ½ cup
Salsa	2 cup	14 cups	14 cups
Soy sauce GF	1 ½ cup	2 cups	¼ cup
Red wine	1 cup	1 cup	1 cup
Tortillas GF	32 small	32 small	32 small
Sourdough or garlic bread (<i>optional</i>) GF	2 loaves	2 loaves	2 loaves
Frozen Stir Fry vegetable mix	16 cups (about 128 oz. or 8 pounds)		
Frozen Recipe Base (onion & bell pepper)	6 cups (about 48 oz. or 3 pounds)	6 cups (about 48 oz. or 3 pounds)	12 cups (about 96 oz. or 6 pounds)
Lemons	12	8	2
Limes	6	6	6
Onions	6	6	6
Red or Yukon gold potatoes	12	12	12
Whole carrots	16	16	16
Avocado	4	4	4
Tomato	2	2	2
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.*