

IN THE KITCHEN WITH



Shopping List

WEEK ONE

Fruit and Veggies:

1 Lime
1 Lemon or Lemon Juice
Garlic
Lettuce (Tilapia Taco's)
Spinach (Egg Muffins, Chicken Rollatini)
Cilantro Bunch (Tilapia Tacos)
Tomatoes (Tacos)
Grape Tomatoes (Egg Muffins)
Bag of Onions (Soup)
Bag of Potatoes (Soup)
Large Bag of Carrots (Sesame Chicken & Soup)
Avocado (Tilapia Taco's)
Squash (Any)
Mushrooms
Cucumbers
Peppers
Berries
Bananas
Fresh Ginger Root
Green Onion

Frozen:

Green Bean (Whole)
Broccoli
Sugar snap Peas

Meat:

Ground Beef
Tilapia
12 Chicken Breast Cutlets
Pork Tenderloin

Dairy:

Sour Cream (Taco's)
Parm. Cheese
Ricotta Cheese
Mozzarella Cheese
Feta Cheese (Egg's)
Greek Yogurt (Low Carb 20 or less)
Eggs (Large container)
½ & ½ (Coffee and Veggie cream sauce)

Misc:

Wheat Torlilla's (Taco's)
Nuts for Yogurt (Almonds, Walnuts, Pecans)
Can of Crushed Tomatoes
Can Diced Tomatoes
Beef Broth (Low Sodium)
Spicy Pomodora Pasta Sauce (Low Carb)
Panko Bread Crumbs
Can of Chickpeas
Tahini Sauce For Hummus
Hellmans Sandwich Shop Horseradish-Dijon Mayo
Sesame Seeds
Can of chicken stock
Sherry

Deli:

Ham

Cheese

Pantry Staples:

Soy sauce
Honey
paprika
onion Powder
garlic salt
ground black pepper
chili powder
cumin