

IN THE KITCHEN WITH



Shopping List

WEEK TWO

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 Whole Carrots (Sesame Chicken & Soup)
3 Lg Zucchini
Avocado (Tilapia Taco's)
3 large Potatoes
Celery
Squash (Any)
Mushrooms
Cucumbers
Peppers
Berries
Bananas
Fresh Ginger Root
Green Onion

Frozen:

Green Bean (Whole)
Broccoli
Sugar snap Peas

Deli:

Ham
Cheese

Meat:

Ground Beef
Tilapia or Swai Filets
12 Chicken Breast Cutlets
Pork Tenderloin
Dairy:
Sour Cream (Taco's)
Parmesan Cheese
Mozzarella Cheese
Butter
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
2 cans of Beef Broth (Low Sodium)
Onion Soup Mix
Tomato Paste
Can of Diced Tomatoes
6 cans Chicken Stock or Broth (ONLY if you do not make your own stock)
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

Pantry Staples:

Soy sauce
Honey
Paprika
Onion Powder
Garlic Salt
Ground Black Pepper
Chili Powder
Cumin
Ground Coriander
Olive Oil
Italian Seasoning
Salt & Pepper