



# Shopping List

WEEK TWO

## Shopping list Week #2

### Fruit and Veggies:

Spinach (Large)  
(2) Packs of Mushrooms (Pot Roast and Skewers and some for the meatballs)  
Sweet Onion (Pot Roast)  
Red Onion (Spinach Salad)  
(2) Yellow Onion (Meatballs)  
Zucchini (Skewers)  
Bananas (Breakfast Shake)  
Spaghetti Squash  
Butternut Squash (Roasted Veggies with Chicken)  
Carrots (Meatballs and Roasted veggies with Chicken)  
Berries for Breakfast and snacking  
Parsley (Meatballs)  
Garlic (Meatballs)

### Dairy:

Yogurt Greek (Plain or Vanilla- you can buy individual servings as you only need 2 days)  
Eggs X 2 (hard boiled and egg frittata muffins)  
Cheese (your Choice)

### Meat

Pot roast 3-4 lbs (Boned chuck roast or pot roast)  
Shrimp  
2lbs Ground Turkey (Turkey Meatballs)  
Ground Breakfast Sausage (Breakfast Frittatas)  
Bacon (Breakfast for dinner on Friday night)  
Lunch Meat (Cheese, ham and/or turkey)  
Roaster Chicken

### Misc:

Tomato Sauce (Low Carb and Spicy)  
Couscous  
Panko Bread Crumbs  
Almonds if you need additional nuts for yogurt  
Unsalted Cashew Nuts ( for Meatballs)  
1 Can beef Broth (Pot roast Ing)  
1 can Tomato Sauce (Pot Roast Ing)