

IN THE KITCHEN WITH



Shopping List

WEEK THREE

Fruit and Veggies:

- 1 Cauliflower
- 3 Potatoes
- 1 Lg Head of Romaine (or any green) Lettuce
- 1 Small Bag Spinach
- 6 Tomatoes
- (You will need one for each person eating chicken salad plus 2 for layered capri salad)
- 1 Cucumber
- 1 Bag of Carrots
- 1 Bag of Onions
- 3 Sweet Potatoes
- 1 Bunch of Cilantro
- 1 Bunch of Scallions
- 1 Lime
- Avocado
- Basil
- Berries or Apple
- Extra Veggies for Snacking

Frozen Veggies:

- Broccoli
- Green Beans

Dairy:

- Greek LOW CARB Yogurt
- Large bag or block of cheddar cheese (for Meatloaf and egg muffins and Curry Casserole)
- 1 Ball of Fresh Mozzarella
- Milk
- (2) Dozen Eggs
- 1/4 lb of Deli Cheese (your choice)

Meat:

- 1 lb Chicken Breast
- 1lb Ground Beef
- Tilapia Filets (or fish of your choice)
- Steak (of your choice --I prefer NY Stripe or Ribeye)
- ½ lb Deli Turkey Breast (For Roll-Ups)

Pantry Staples

- Nuts (Almonds)
- Hummus
- Mayo
- Lemon Juice
- 1 Can Chicken Broth (or homemade out of freezer)
- Curry Powder
- Cumin
- Chili Powder
- Garlic Powder
- Dijon Mustard
- Ketchup
- Brown Sugar
- Corn Starch
- Balsamic Vinegar
- Poultry Seasoning
- Quick - Cook Oats (or bread crumbs/panko crumbs)
- Protein powder