



"Get It Together!" Meal Plan 15.1 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	15	slices			
Beef, ground (grass fed)	1	pounds			
Beef, stew meat (chuck or blade)	3	pounds			
Chicken breasts	4.5	pounds			
Eggs	6	each			
Pork, tenderloin	1	each (20oz.)			
Sausage, Pork (Hot Italian)	1	pounds			
Produce					
Bananas, ripe	3	each			
Basil, fresh	1	bunch(es)			
Blueberries, fresh or frozen	0.25	cup(s)			
Cabbage, green	2	each			
Carrots	2	pound			
Celery	1.66	bunch(es)			
Cilantro, fresh	1	bunches			
Garlic Cloves, fresh	0.2	bulbs (10 cloves)			
Grapes, red - seedless	2	pounds			
Lemon	4	each			
Mango	2	each			
Mint, fresh	1	ounces wt.			
Onions, yellow	4	each			
Parsley, Italian Flat Leaf	0.5	bunch			

Pepper, Bell (red)	2	each			
Peppers, Jalepeño	1	each			
Poblano/Pasilla Pepper	1	each			
Squash, Butternut	3	each			
Turnips	3	each (small)			
Yams or Sweet Potatoes	1.75	pounds			
Yellow Squash	1	each			
Zucchini	1	each			
Dry Goods					
Almond Butter	0.25	cup(s)			
Apple Cider Vinegar	2	tablespoon(s)			
Baking soda	1	teaspoon(s)			
Bay Leaves	7	each			
Black Pepper (freshly ground)	4	teaspoon(s)			
Chicken stock	1	quart			
Coconut flour	1	tablespoon			
Coconut Oil	3	tablespoon(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Garlic, granulated	3	teaspoon(s)			
Green Chiles, diced hot	1	8oz. Can			
Honey	8	tablespoon(s)			
Italian Seasoning	2	teaspoon(s)			
Kosher salt	24	teaspoon(s)			
Maple Syrup	1	tablespoon(s)			
Massie Mayo	1.75	cup(s)			
Muffin cups	12	each			
Olive Oil, extra light	2	cups			
Olive Oil, pure	20	teaspoon(s)			
Olive Oil, spray	1	can			

Pecans, pieces or whole	0.5	cup(s)			
Poppy Seeds	1.5	ounces wt.			
Protein Powder	2.5	ounces wt.			
Tomatoes, crushed	1	28oz can			