



"Get It Together!" Meal Plan 15.17 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Beef, NY Strip	2.25	pounds			
Beef, Round Steak	0.5	pounds			
Chicken, ground	3	pounds			
Eggs	3	each			
Shrimp, wild caught, pre-cooked	1	pound			
Turkey, ground	7.5	pounds			
Produce					
Apples, granny smith	2	each			
Avocado	2	each			
Basil, fresh	1	bunch(es)			
Bean Sprouts	1	bag			
Cabbage, green	1	each			
Carrots	4	pound			
Celery	1	bunch(es)			
Cilantro, fresh	2	bunches			
Garlic Cloves, fresh	2	bulbs (10 cloves)			
Ginger, fresh	0.75	pounds			
Lemongrass	2	stalks			
Lime	1	each			
Lime leaves	0.5	bunch			
Mango	1	each			

Mint, fresh	1	ounces wt.			
Mushrooms	3	pounds			
Onions, red	1.5	each			
Onions, yellow	3	each			
Pepper, Bell (red)	1	each			
Pepper, Serrano	1	each			
Peppers, Jalepeño	3	each			
Poblano/Pasilla Pepper	4	each			
Scallions	2	bunch			
Thai Chilis	2	each			
Tomatoes, Roma	3	each			
Dry Goods					
Almond Butter	0.75	cup(s)			
Apple Cider Vinegar	4	tablespoon(s)			
Bamboo Shoots	4	can			
Black Pepper (freshly ground)	3.5	teaspoon(s)			
Chicken stock	0.33	cup(s)			
Coconut Milk	7.5	can			
Fish Sauce	17	teaspoon(s)			
Honey	2	tablespoon(s)			
Kosher salt	13	teaspoon(s)			
Olive Oil, pure	17	teaspoon(s)			
Red Curry Paste	1	tablespoon(s)			
Sambal	5	tablespoon(s)			
Super Radical Rib Rub	1	tablespoon(s)			
Tomato, paste	1	8oz can			
Water Chestnuts	4	can			
Worcestershire Sauce	1	tablespoon(s)			