



## "Get It Together!" Meal Plan 15.23 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
<b>Meat and Eggs</b>					
Beef, ground (grass fed)	1	pounds			
Chicken breasts	2.5	pounds			
Eggs	9	each			
Pork, Shoulder or Butt	3	pounds			
Ribs, Pork (3-4 pounds each)	2	rack			
Shrimp, 16/20 or larger	8	each			
<b>Produce</b>					
Asparagus	1	bunch(es)			
Bananas, ripe	3	each			
Broccoli	1	head			
Cilantro, fresh	1	bunches			
Garlic Cloves, fresh	1.5	bulbs (10 cloves)			
Lemon	2	each			
Mushrooms	1	pounds			
Onions, red	1	each			
Onions, yellow	7	each			
Pepper, Bell (red)	4	each			
Pepper, Serrano	1	each			
Pineapple	0.5	each			
Poblano/Pasilla Pepper	2	each			
Spring Mix	0.5	pound			

Tomatoes, cherry	1	8oz container			
Yams or Sweet Potatoes	5	each			
<b>Dry Goods</b>					
Almond Butter	0.75	cup(s)			
Almond Flour	1	cups			
Baking Powder	1	teaspoon(s)			
Baking soda	1	teaspoon(s)			
Black Pepper (freshly ground)	15	teaspoon(s)			
California Chiles, dried	25	each			
Cayenne Pepper	1	tablespoon(s)			
Chili Powder	1	cup(s)			
Chocolate Chips	0.33	cup(s)			
Cinammon	0.5	teaspoon(s)			
Coconut Oil	1	tablespoon(s)			
Cumin, ground	2	tablespoon(s)			
Dijon Mustard or Mustard Powder	13	teaspoon(s)			
Garlic, granulated	13	teaspoon(s)			
Kosher salt	20	teaspoon(s)			
Massie Mayo	2	tablespoon(s)			
Muffin cups	12	each			
Olive Oil, extra light	2	cups			
Olive Oil, pure	21	teaspoon(s)			
Olive Oil, spray	1	can			
Onion Powder	4	tablespoon(s)			
Red Chili, ground	1	teaspoon(s)			
Sambal	2	tablespoon(s)			
Sesame Oil	1	teaspoon(s)			
Super Radical Rib Rub	4	tablespoons			*see below
Tamari	1	teaspoon(s)			

\*the recipe for this rib rub is included on this grocery list, if you already have some on hand change the 1 to 0 on the second tab(menu items & ingredients list) and it will delete the ingredients needed to make the rub