



"Get It Together!" Meal Plan 15.4 - Grocery List

Item:	QTY	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Beef, ground (grass fed)	4	pounds			
Beef, Tenderloin Steak	1	pounds			
Chicken, whole (~4 pound)	1	each			
Eggs	16	each			
Pork, Shoulder or Butt	3	pounds			
Sausage, Pork (Hot Italian)	1.5	pounds			
Turkey, ground	5	pounds			
Produce					
Avocado	0.5	each			
Beet	1	each			
Celery	1	bunch(es)			
Chiles, California Dried	25	each			
Cilantro, fresh	0.75	bunches			
Garlic Cloves, fresh	2	bulbs (10 cloves)			
Lemon	1	each			
Mushrooms	1.5	8oz pack			
Onion, red	1	each			
Onions, yellow	8	each			
Pepper, Bell (red)	5	each			
Poblano/Pasilla Pepper	1	each			
Radishes	1	bunch			
Spinach, fresh	2	pound			

Spring Mix	0.5	pound(s)			
Squash, Butternut	1	each			
Tomato, campari fresh	2	pounds			
Tomato, cherry	1	pint			
Yams or Sweet Potatoes	15	pounds			
Dry Goods					
Black Pepper (freshly ground)	8.5	teaspoon(s)			
Cherry Peppers, sliced	2	cups			
Coconut Oil	4	tablespoon(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Garlic, granulated	1	teaspoon(s)			
Honey	4	tablespoon(s)			
Italian Seasoning	12	teaspoon(s)			
Kosher salt	42	teaspoon(s)			
Massie Mayo	1	tablespoon(s)			
Olive Oil, extra light	2	cups			
Olive Oil, pure	27	teaspoon(s)			
Olives, green sliced	2	cups			
Pepperoncinis, sliced	2	cups			
Raisins	2	cups			
Red Chili, ground	0.5	teaspoon(s)			
Rice Wine Vinegar	0.33	cups			
Sriracha or Tabasco	1	tablespoon(s)			
Tomatoes, crushed, puree or sauce	2	28oz can			
Tuna, canned in olive oil	1	can(s)			