



"Get It Together!" Meal Plan 16.20 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	4	slices			
Beef stew meat, grass fed	2	pounds			
Chorizo	5	ounces wt.			
Eggs	2	each			
Shrimp, wild caught, U/15 size	7	each			
Steak, skirt	12	ounces wt.			
Turkey, ground	3.75	pounds			
Whole Chicken (~4 pound)	1	each			*see below 1
Produce					
Avocado	9	each			
Butternut Squash, med-large	1	each			
Carrots	0.5	pound			
Celery	0.5	bunch(es)			
Cilantro, fresh	2.25	bunches			
Garlic Cloves, fresh	1.875	bulbs (10 cloves)			
Lemon	1	each			
Lime	9	each			
Onions, red, small	0.25	each			
Onions, yellow	6	each			
Pepper, Bell (red)	1	each			
Peppers, Bell (yellow)	1	each			

Peppers, Jalepeño	2.5	each			
Poblano/Pasilla Pepper	4	each			
Scallions	1.5	bunch			
Spinach	0.5	pound			
Tomatoes, cheery	1	clamshell			
Tomatoes, large	2	each			
Tomatoes, Roma	3	each			
Yams or Sweet Potatoes	5.25	pounds			
Dry Goods					
Ancho Chili powder	2	tablespoon(s)			
Bay Leaves	5	each			
Black Pepper (freshly ground)	7	teaspoon(s)			
Butter, grass fed	1	tablespoon(s)			
Chili Powder	2	tablespoon(s)			
Chipotle powder	0.5	teaspoon(s)			
Cumin, ground	5	teaspoon(s)			
Green Chiles, diced hot	2	8oz. Can			
Kosher salt	17.5	teaspoon(s)			
Olive Oil, pure	6	teaspoon(s)			
Tamari or Coconut Aminos	2	tablespoon(s)			*optional
Tomato, sauce or crushed	2	15oz can			
Tomatoe puree	1	28oz can			
Tomatoes, diced	1	28oz can			
White Wine, charonnay or similar	0.25	cup(s)			

1. You are always welcome to substitute chicken breasts or thighs for the SW Chicken. It also has the optional garnishes of tomato, avocado and cilantro. These items are not currently on the grocery list, so add them if you'd like.