



"Get It Together!" Meal Plan 16.21 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bison, ground	1	pounds			*see below 1
Chicken breast, boneless, skinless	1.75	pounds			
Eggs	3	each			
Pork, carnitas, cushion, or shoulder	5	pounds			
Sausage, Italian, hot	0.75	pounds			
Shrimp, wild caught	0.75	pounds			
Shrimp, wild caught, pre-cooked	1	pounds			
Turkey, ground	5	pounds			
Produce					
Avocado	2	each			
Carrots	2.5	pound			
Celery	0.5	bunch(es)			
Cilantro, fresh	3.5	bunches			
Garlic Cloves, fresh	2.75	bulbs (10 cloves)			
Ginger, fresh	0.25	pounds			
Lemon	1	each			
Lime	2	each			
Mango, ripe	1	each			
Mushrooms	2	pounds			
Onions, red	1.25	each			
Onions, yellow	6	each			

Oranges	6	each			
Pepper, Bell (red)	2	each			
Peppers, Jalepeño	1	each			
Poblano/Pasilla Pepper	2	each			
Tomato	1	each			
Yams or Sweet Potatoes, small-med	3	each			
Zucchini, medium size	5	each			
Dry Goods					
Ammatto	0.5	tablespoon(s)			*optional
Apple cider vinegar	1	tablespoon(s)			
Arrowroot	2	tablespoon(s)			
Bamboo shoots	4	can(s)			
Bay Leaves	3	each			
Black Pepper (freshly ground)	3	teaspoon(s)			
Chicken stock	0.33	cup(s)			
Chipotle in Adobo	2	8oz can			
Coconut milk, light	4	15oz can			
Cumin, ground	3	teaspoon(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Fish sauce	3	teaspoon(s)			
Garlic, granulated	1	teaspoon(s)			
Honey	1	tablespoon(s)			
Kosher salt	25.5	teaspoon(s)			
Maple syrup	6	tablespoon(s)			
Massie Mayo	5.5	tablespoon(s)			*garnish only
Mexican oregano	1	tablespoon(s)			
Olive Oil, extra light	2	cups			
Olive Oil, pure	17	teaspoon(s)			
Sambal	6	tablespoon(s)			
Sesame Oil, toasted	4	teaspoon(s)			

Sesame seeds	2	teaspoon(s)			
Sriracha	2	tablespoon(s)			
Tarmari or Coconut Aminos	7	tablespoon(s)			
Tomato, paste	1	6oz can			
Tomatoes, crushed	1	14oz can			
Water chestnuts	4	can(s)			
Worcestershire	1	tablespoon(s)			

1. You always have the option of substituting any ground meat.