



"Get It Together!" Meal Plan 16.9 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	25	slices			
Beef, ground, grass-fed	4	pound			
Eggs	22	each			
Italian Sausage, hot, link	5	links			
Shrimp, 16/20 size	12	each			*see below 1
Turkey, ground	4	pounds			
Whole Chicken (~4 pound)	1	each			
Produce					
Avocado	1	each			*optional
Chiles, Hatch or Anaheim	7	each			
Cilantro, fresh	1	bunches			*optional
Garlic Cloves, fresh	2.5	bulbs (10 cloves)			
Lemon	2	each			
Lime	1	each			*optional
Mushrooms	1	pounds			
Onions, yellow	6	each			
Pepper, Bell (red)	2	each			
Pepper, Serrano	1	each			
Peppers, Bell (green)	2	each			
Peppers, Jalepeño	6	each			
Poblano/Pasilla Pepper	9	each			

Spring Mix	0.5	pound			
Tomato, cherry	1	clamshell			12 each
Tomatoes, Roma	2	each			*optional
Yams or Sweet Potatoes	5.25	pounds			
Zucchini	3	each			
Dry Goods					
Bay Leaves	3	each			
Black Pepper (freshly ground)	6	teaspoon(s)			
Chili Powder	10	tablespoon(s)			
Cumin, ground	8	teaspoon(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Garlic, granulated	7	teaspoon(s)			
Green Chiles, diced hot	2	8oz. Can			
Honey	4	tablespoon(s)			
Italian Seasoning	3	tablespoon(s)			
Kosher salt	26	teaspoon(s)			
Massie Mayo	2	tablespoon(s)			garnish only
Olive Oil, extra light	2	cups			
Olive Oil, pure	21	teaspoon(s)			
Red Chili, ground	1	teaspoon(s)			
Tomato, paste	1	8oz can			
Tomatoes, crushed	1	15oz can			
Tomatoes, crushed	2	28oz can			

1. The Jalapeno Popper recipe calls for either 12 shrimp size 16/20 or 24 shrimp 31/40 size.

2. *OPTIONAL items are all optional garnish items for the SW Chicken and the Jalapeno Popper recipes. Please read through these recipes before going grocery shopping and decide if you would like to use any of these items. The Bacon Crusted Breakfast Pizza also calls for the optional garnish of 60 sec guac. If you would like to add this, please look up recipe on the website and add the needed ingredients to your list.

3. Massie Mayo is only used as a garnish this week, so if you don't want to make it or already

have some on hand, be sure to change the "1" to "0" on the Menu Items tab below to remove the ingredients from this grocery list.