



"Get It Together!" Meal Plan 17.29 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Beef, stir fry (flank or skirt)	1.5	pounds			
Eggs	3	each			
Pork ribs, baby back	3	racks			
Sausage, Italian, hot	0.75	pound			
Shrimp, wild-caught	0.75	pound			
Whole Chicken (~4 pound)	4	each			
Produce					
Broccoli	1	crown			
Cilantro, fresh	1.25	bunches			
Garlic Cloves, fresh	3	bulbs (10 cloves)			
Ginger, fresh	1	1" knob			
Lemon	1	each			
Lime	14	each			
Mango, ripe	1	each			
Onions, red	0.5	each			
Onions, yellow	2	each			
Pepper, Bell (red)	1	each			
Scallions	1	bunch			
Zucchini, large	3	each			
Dry Goods					
Black Pepper (freshly ground)	6	teaspoon(s)			
Chili Powder	0.33	cup(s)			

Chipotle in Adobo	2	8oz can			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Garlic, granulated	1	teaspoon(s)			
Honey	2	tablespoon(s)			
Kosher salt	50.5	teaspoon(s)			
Massie Mayo	0.25	cup(s)			
Olive Oil, extra light	2.25	cups			
Olive Oil, pure	3	teaspoon(s)			
Ponzu	2	teaspoon(s)			optional
Sesame seeds, toasted	2	teaspoon(s)			
Tamari or coconut aminos	4	tablespoon(s)			
Tomato, sauce	0.5	15oz can			
Tomatoes, crushed	1	15oz can			
Pickling Spice	1.5	cup(s)			