



"Get It Together!" Meal Plan 17.43 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	3	slices			
Eggs	5	each			
Lamb, ground (or any ground meat)	2	pounds			
Sausage, chicken	5	links			
Sausage, Italian	2	links			
Shrimp, wild caught	5	each			
Turkey, ground	5	pound			
Produce					
Eggplant	1	each			
Green beans	15	each			
Basil, fresh	0	head			
Carrots	1	pound			
Celery	0.5	bunch(es)			
Cilantro, fresh	0	bunches			
Garlic Cloves, fresh	3	bulbs (10 cloves)			
Oregano, fresh	1	twig(s)			
Lemon	0	each			*see below 3
Parsnips	4	each			
Mushrooms, large	12	each			
Onions, yellow	4	each			
Pepper, Bell (red)	2	each			

Peppers, Bell (green)	2	each			
Poblano/Pasilla Pepper	3	each			
Chiles, hatch or anaheim	7	each			
Squash, spaghetti	1	each			
Zucchini	5	each			
Dry Goods					
Almond flour	1	cup(s)			
Black Pepper (freshly ground)	0.5	teaspoon(s)			
Chili Powder	0.5	cup(s)			
Coconut flour	2	tablespoon(s)			
Cumin, ground	2	tablespoon(s)			*see below 1
Dijon Mustard or Mustard Powder	0	teaspoon(s)			*see below 3
Garlic, granulated	0	teaspoon(s)			*see below 3
Green Chiles, diced hot	1	8oz. Can			
Honey	4	tablespoon(s)			
Kosher salt	13	teaspoon(s)			
Macademia nuts	1	cup(s)			
Olive Oil, extra light	0	cups			*see below 3
Olive Oil, pure	17	teaspoon(s)			
PALEO GRIND Greek Freak	10	teaspoon(s)			*see below 2
PALEO GRIND Super Radical Rib Rub	1	teaspoon(s)			
PALEO GRIND Veggie Victory	3	tablespoon(s)			
Tomato, paste	1	8oz can			
Tomato, puree	1	15oz can			
Tomatoes, crushed	3	28oz can			
Tomato, puree	1	15oz can			

1. Don't buy coconut flour just for this recipe. You can use almond flour or anything you have on hand.

2. Or Italian seasoning.

3. These ingredients are for the Massie Mayo, which is an optional garnish for the pizza this week. If you would like to make it, change the "0" below the heading on the "Menu Items & Ingredients List" tab below to a "1" and it will add the needed ingredients. The recipe can be found on the last page of the recipe compilation. There are a whole list of suggested garnishes for the pizza recipe, so take a look at them before you head to the store and add any you may like to try. I have also included the Salsa Chipotle recipe on the recipe compilation in case it interests you.

4. At the end of the pizza recipe there is a list of ingredients needed for the rib rub. You will also need to add these to your list if you would like to make it. These are common seasonings, so you may already have them on hand. Or you can also order a bottle at iceagemeals.net.