



"Get It Together!" Meal Plan 17.44 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	4	slices			
Beef, ground, grass fed	1	pounds			
Chicken breast, boneless, skinless	1	pound			
Chorizo	5	ounces			
Cod	1.25	pounds			*see below 1
Eggs	5	each			
Sausage, Italian	1	pound			
Produce					
Avocado, medium	4	each			
Brussel sprouts	2	pounds			
Cabbage, green	0.5	head			
Carrots	7	each			
Celery	3	stalks			
Cilantro, fresh	1.5	bunches			
Garlic Cloves, fresh	7	clove(s)			
Lemon	1	each			
Lime	1	each			
Onions, yellow	2.5	each			
Peppers, Jalepeño	1	each			
Scallions	0.5	bunch			
Squash, butternut	1	each			*see below 2

Squash, yellow or summer	1	each			
Sweet Potato, small-medium	1	each			
Turnips, small	4	each			
Zucchini	1	each			
Dry Goods					
Almond flour	3	cup(s)			
Bay Leaves	4	each			
Black Pepper (freshly ground)	1.5	teaspoon(s)			
Butter, grass-fed	2	tablespoon(s)			
Capers	1.5	tablespoon(s)			
Chicken Stock	2.125	quart			
Coconut oil	0.5	cup(s)			
Dijon Mustard	2	tablespoon(s)			
Garlic, granulated	1	teaspoon(s)			
Honey	1	tablespoon(s)			
Hot sauce (any kind)	1	teaspoon(s)			
Italian seasoning	1	teaspoon(s)			
Kosher salt	16	teaspoon(s)			
Maple Syrup	2	tablespoon(s)			
Olive Oil, pure	63	teaspoon(s)			
Vinegar, rice wine	4	tablespoon(s)			

1. Nick noted in the recipe that he bought frozen cod at Costco. He purchased a large filet and cut it into 4-5oz portions.

2. The squash is used in the Mexican Meatball Soup recipe. It calls for 24oz precooked BNS.