



"Get It Together!" Meal Plan 17.9 - Grocery List

| Item: | Quantity Needed: | Measure: | On Hand: | To Buy: | Notes: |
|------------------------------------|------------------|-----------|----------|---------|--------------|
| Meat and Eggs | | | | | |
| Beef, ground, grass-fed | 1 | pounds | | | |
| Chicken breast, boneless, skinless | 2 | pounds | | | |
| Eggs | 4 | each | | | |
| Pork ribs, country style | 3.5 | pounds | | | |
| Sausage, Italian | 1.75 | pounds | | | |
| Shrimp, wild caught | 0.75 | pounds | | | |
| Produce | | | | | |
| Apples, Granny Smith | 5 | each | | | |
| Broccoli | 1 | head | | | |
| Cabbage, green | 0.5 | head | | | |
| Cabbage, red | 0.25 | head | | | |
| Carrots | 1 | pound | | | |
| Celery | 0.75 | bunch(es) | | | |
| Cilantro, fresh | 2.25 | bunch(es) | | | |
| Lemon | 1 | each | | | |
| Lime | 2 | each | | | |
| Onions, yellow | 7.25 | each | | | |
| Oranges, cuties or halos, Mandarin | 2 | each | | | |
| Pepper, Bell (red) | 2 | each | | | *see below 2 |
| Pineapple, fresh | 0.5 | each | | | |
| Radishes | 1 | bunch(es) | | | |

| | | | | | |
|---------------------------------|------|---------------|--|--|--------------|
| Scallions | 0.5 | bunch(es) | | | |
| Squash, butternut | 1 | each | | | |
| Squash, yellow or summer | 1 | each | | | |
| Turnips, small | 4 | each | | | |
| Zucchini | 4 | each | | | |
| Dry Goods | | | | | |
| Bay Leaves | 7 | each | | | |
| Black Pepper (freshly ground) | 0.75 | teaspoon(s) | | | |
| Chicken Stock | 2 | quart | | | |
| Chipotle in Adobo | 1 | 8oz can | | | |
| Coconut oil | 1 | tablespoon(s) | | | |
| Dijon Mustard or Mustard Powder | 1 | teaspoon(s) | | | |
| Garlic, granulated | 2 | teaspoon(s) | | | |
| Honey | 2 | tablespoon(s) | | | |
| Kosher salt | 11.5 | teaspoon(s) | | | |
| Massie Mayo | 4 | tablespoon(s) | | | |
| Oil, sesame, toasted | 4 | teaspoon(s) | | | |
| Olive Oil, extra light | 2 | cups | | | |
| Olive Oil, pure | 15 | teaspoon(s) | | | |
| Raisins | 1 | cup(s) | | | |
| Sambal | 3 | tablespoon(s) | | | |
| Super Radical Rib Rub | 3 | tablespoon(s) | | | *see below 1 |
| Tamari or coconut aminos | 2 | teaspoon(s) | | | |
| Tomatoes, crushed | 1 | 14oz can | | | |
| Tuna, in olive oil | 1 | can(s) | | | |
| Vinegar, apple cider | 0.5 | cup(s) | | | |
| Vinegar, rice wine, unseasoned | 2 | tablespoon(s) | | | |

1. If you don't have Super Radical Rib Rub on hand, the recipe calls for you to season with kosher salt and pepper instead.

2. Recipe calls for red, orange or yellow bell pepper or a combination of the three.