



Grocery LIST

@SAMANTHAELAINE

PROTEINS

chicken breast, 3 lbs
NY strip steaks, 8-10 ounce
steaks, 2 each
mahi-mahi fillets or burgers,
4 each
extra-firm tofu, 1 12-ounce
package

PRODUCE

red onion, 1 each
garlic, 1 head
mushrooms, 1 lb
baby potatoes, 1 lb
cucumber, 1 each
cherry tomatoes, 1 pint
red bell pepper, 1 each
mixed greens, 1 5-ounce
container
shredded slaw mix (cabbages &
carrots), 1 14-ounce package
seedless watermelon, 1 each
avocado, 1 each
cilantro
parsley
green onion
ginger root

DAIRY

Greek yogurt, 1 8-ounce container
goat cheese, 8 ounces
non-dairy shredded cheese

OTHER

frozen edamame, shelled, 1 bag
pineapple rings in 100% juice,
1 can
low-sodium black beans, 1 can
dry roasted seaweed, 1 package
salsa
corn tortillas, 1 package
GF burger buns, 4 each
GF teriyaki sauce
GF peanut sauce
rice wine vinegar (mirin)
white miso paste (or your favorite!)

