



Grocery LIST

@SAMANTHAELAINE

PROTEINS

beef chuck roast, 3 lbs
pork loin chops, 4 ea (1 in thick)
ground turkey, 1 1/2 lbs
ground chicken, 1 1/2 lbs
chicken breast, 1 lb

PRODUCE

yellow onion, 1 each
shallot, 1 each
garlic, 1 head
carrots, 4 each
mushrooms, 3/4 lb
cauliflower florets, 3/4 lb
green beans, 1 lb
zucchini, 4 medium
cucumber, 1 each
head lettuce, 1 each (try
iceburg, bibb, endive... get
creative!)
sweet potatoes, 1 lb
mixed greens, 1 5 oz container
apricots, 8 each
sage
parsley

DAIRY

non dairy parmesan cheese
eggs, 1 each

OTHER

frozen butternut squash, 1 bag
water chestnuts, canned & sliced,
1 can
marinara sauce, 1 jar
dry white wine (Chardonnay), 1
bottle
dry roasted peanuts, 1/2 cup
unsweetened coconut flakes,
1/2 cup
bulgur (grain), 1 cup
corn starch
GF teriyaki sauce
GF peanut sauce
rice wine vinegar
coconut curry sauce
sesame seeds

