



Grocery LIST

@THESAMANTHAELAINE



PROTEINS

whole fryer chicken, 1 each
grass-fed ground beef, 2 lbs
wild caught salmon, 1 lb

PRODUCE

red onion, 1 each
brown onions, 1 each
garlic, 1 head
crimini mushrooms, 8 ounces
riced cauliflower, 1 1/2 cups
radishes, 1 bunch
cucumber, 1 each
cherry tomatoes, 1 pint
eggplant, 1 each
zucchini, 2 each
jicama, 1 bulb
mixed greens, 1 5-ounce
container
spinach leaves, 1 cup
lime, 1 each
lemon, 1 each
avocado, 1 each
cilantro
parsley

DAIRY

non-dairy shredded cheese, 5 cups
non-dairy parmesan cheese, 1/2 cup
nonfat Greek yogurt, 16 ounces

OTHER

frozen peas, 1 bag
black beans, 1 can
pinto beans, 1 can
marinara sauce
BBQ sauce
salsa
beef broth, 1/2 cup
citrus ponzu sauce
instant potato flakes, 1/2 cup
nori wraps (seaweed), 8 each
black bean chips, 5 ounces

