



Grocery LIST

@THESAMANTHAELAINE



PROTEINS

chicken breast, 3 1/2 lbs
sushi grade ahi tuna, 1 1/2 lbs
wild Alaskan cod, 1 1/2 lbs
roisserie chicken or uncooked
whole fryer chicken

PRODUCE

red onion, 1 each
brown onions, 1 each
garlic, 1 head
crimini mushrooms, 4 ounces
radishes, 1 bunch
cucumber, 1 each
roma tomatoes, 2 each
bell pepper, 1 red and 1 yellow
cauliflower florets, 3 cups
broccoli florets, 1 cup
yukon gold potatoes, 4 each
mixed greens, 5 ounces
tri-color coleslaw, 7 ounces
limes, 2 each
pineapple, 1 each
avocados, 2 each
green onions, 1 bunch
cilantro
parsley

DAIRY

non-dairy shredded mozzarella
cheese, 2 cups
nonfat Greek yogurt, 8 ounces

OTHER

hominy, 1 28 ounce can
whole grain GF elbow noodles,
1 package
instant potato flakes, 1/2 cup
peanut oil
mayonnaise
GF Asian salad dressing
GF teriyaki sauce
Frank's Red Hot sauce
chicken bouillon cubes
bay leaves, 2 each

*GF stands for gluten-free

