



Grocery LIST

@THESAMANTHAELAINE



PROTEINS

grass-fed ground beef, 1 1/2 lbs
cooked chicken breast, 3/4 lb
andouille sausage, 3/4 lb
shrimp, peeled & deveined, 1/2 lb
boneless pork chops, 1 in thick, 4 each
pork shoulder, 2 lbs

PRODUCE

white onion, 1 each
brown onions, 2 each
garlic, 1 head
shallot, 1 each
radishes, 1 bunch
celery, 1 bunch
red bell pepper, 2 each
asparagus, 1lb
grape tomatoes, 1 pint
sweet potatoes, 2 each
baby romaine, 5 ounces
spinach, 5 ounces
limes, 2 each
avocados, 1 each
green onions, 1 bunch
ginger root, 1 tbsp
parsley

DAIRY

non-dairy shredded mozzarella
cheese, 1/2 cup
eggs, 4 each

OTHER

canned black beans, 1 each
14 oz can diced tomatoes, 1 each
20 oz can crushed pineapple in
100% juice, 1 each
frozen corn, 1 bag
chicken broth, 32 oz
GF orzo pasta, 1 cup
GF whole grain buns, 4 each
chopped walnuts, 1/4 cup
salsa
salad dressing
Jamaican jerk seasoning
cayenne (optional)

*GF stands for gluten-free

