Grocery List

Week of: 4/25-4/29

Produce:

- [ ] 2 meduim sweet potatoes
- [ ] yellow onion-2
- [ ] red bell pepper-2
- [ ] jalapeño-3
- [ ] cilantro-1 bunch
- [ ] avocado-2
- [ ] zucchini-1
- [ ] sugar snap peas- sm. bag
- [ ] garlic-9 cloves
- [ ] Thai basil- 1 pkg
- [ ] lime-3
- [ ] spring mix (mixed green
- [ ] mango-1
- [ ] red onion-1
- [ ] tomato-4
- [ ] mushrooms-1lb
- [ ] orange bell pepper-4
- [ ] spinach- 5 oz
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Dry Goods or Bakery

- [ ] rice noodles- 7oz
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Meat & Seafood:

- [ ] Ground beef (or turkey)- 1 lb
- [ ] chicken breasts- 3
- [ ] flank steak- 1
- [ ] Prosciutto- 5 slices
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Baking & Spices:

- [ ] taco seasoning
- [ ] cumin
- [ ] pumpkin seeds (pepitas)
- [ ] italian seasoning
- [ ] pizza crust mix
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Canned or Jarred:

- [ ] Diced tomatoes- 14.5 oz
- [ ] Green Chilies- 4oz
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Oils,Sauces & Condiments:

- [ ] Paleo mayo
- [ ] salsa
- [ ] oyster sauce
- [ ] soy sauce or coconut aminos
- [ ] maple syrup
- [ ] fish sauce
- [ ] apple cider vinegar
- [ ] dijon mustard
- [ ] honey
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Frozen:

- [ ] shrimp (peeled, tail off, fresh or frozen)-1.5 lb
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Dairy, Cheese & Eggs

- [ ] eggs-6
- [ ] shredded mozzarella- 10 oz
- [ ] Oaxaca cheese-4 oz
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