

GROCERY LIST WITH MEAL PLAN

MEAL PLANNER

MONDAY	Out
TUESDAY	Roasted Shrimp over spaghetti squash
WEDNESDAY	'P.F. Changs' Lettuce Wraps
THURSDAY	Leftover
SWING MEAL	Carne Asada with Tomatillo Salsa and asparagus

MEATS:

- 1 pound shrimp
- 1 pound (ground) chicken
- 2 lb flank/skirt steak

CANNED/DRY GOODS:

- Water Chestnuts
- Soy sauce OR Coconut Aminos
- White Vinegar
- extra virgin olive oil, salt and pepper, chilli powder, garlic powder, cumin, oregano, paprika*

GROCERY

PRODUCE:

- spaghetti squash
- parsley
- lemons
- lemon juice
- baby bella mushrooms
- green onion
- ginger
- garlic
- romaine lettuce
- cilantro
- 3 limes
- 4 tomatillo
- 1 jalepeno
- onion
- avacado

FROZEN:

DAIRY/BREAD:

DRINKS:

La Croix

BAKING:

Dark Chocolate

HOUSE: