

GROCERY LIST WITH MEAL PLAN

MEAL PLANNER

MONDAY	Coconut Shrimp with asparagus and mushrooms.
TUESDAY	None
WEDNESDAY	Lemon Rosemary chicken with broccoli
THURSDAY	Leftovers
SWING MEAL	Italian meatball zoodle soup

MEATS: 2 pounds chicken
 1.5 lb ground beef
 2 lb. shrimp

CANNED/DRY GOODS: Garlic Salt
 Cumin
 Italian seasoning
 32 oz beef stock
 shaved coconut
 (coconut oil, olive oil, sea salt and black pepper, onion powder, oregano)

GROCERY

PRODUCE:

Parsley
Rosemary
Broccoli
1 Carrot
1 zucchini
Asparagus
Mushrooms
Fresh pineapple/mango salsa
Onion
Tomato
2 sweet potatoes

DAIRY/BREAD:

Shredded Parmesan (if you're not on whole 30)
Eggs (large—24 count)

DRINKS:

La Croix (2—12 count)

BAKING:

HOUSE:

Spiral Slicer

FROZEN: