

Weekly Meal Plan 8/31

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Bone-In Pork Chops (2)
- Ground Chicken (2lb)
- Pork Sausage (1lb)
- Ground Beef (4lb)
- Chicken Breast (3.5lb)
- Eggs (1 doz)
- Compliant Bacon

PANTRY

- Nutritional Yeast
- Raw Cashews
- Water Chesnuts
- Coconut Aminos
- Tomato Paste
- Chicken Bone Broth
- Beef Bone Broth
- Almond Flour
- Tapioca Flour
- Arrowroot Powder
- Coconut Cream
- Coconut Milk

VEGETABLES & FRUIT

- White Onion (3)
- Red Onions (1)
- Sweet Onion
- Garlic
- Bell Peppers (3)
- Broccoli
- Russet Potatoes (4)
- Cilantro
- Butter Lettuce
- Avocado
- Romain Lettuce
- Lemon
- Limes (2)
- Apples
- Dates
- Fresh Ginger
- Carrots
- Celery

FATS, HERBS, SPICES

- Avocado Oil
- Ghee
- Dried Thyme
- Garlic Powder
- Salt & Pepper
- Dried Parsley
- Cumin
- Chili Powder
- Italian Seasoning

CONDIMENTS & MISC

- Compliant Mayo
- Apple Cider Vinegar
- Rice Wine Vinegar
- Dijon Mustard

*Check your spices and condiments!
You may already have some of these!