

Weekly Meal Plan 9/21

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Chicken Breast (3.5 lb)
- Chicken Thighs (2lb)
- Salmon Fillets 2 large
- Compliant Bacon (2lb)
- Chicken Apple Sausage
- Ground Turkey (1lb)

PANTRY

- Nutritional Yeast
- Arrowroot Powder
- Coconut Aminos
- Fish Sauce
- White Vinegar
- Chicken Bone Broth
- Canned Coconut Milk
- Compliant Alfredo (Primal Kitchen)
- Tomato Paste

VEGETABLES & FRUIT

- Baby Potatoes
- Red Potatoes (3lb)
- Yellow Onions (3)
- Red Onion (2)
- Broccoli
- Garlic
- Dates
- Green Onions
- Shallots
- Ginger
- Mushrooms
- Avocado
- Romaine Lettuce
- Limes (2)
- Cilantro
- Healthy 8 Chopped Veggie Mix (Trader Joes) - or 16oz of your favorite chopped veggies

FATS, HERBS, SPICES

- Avocado Oil
- Sesame Oil
- Garlic Powder
- Onion Powder
- Salt & Pepper
- Dried Oregano
- Cumin
- Dill
- Bay Leaves
- Red Pepper Flakes
- 21 Seasoning Salute (Trader Joes)

CONDIMENTS & MISC

- Compliant Mayo
- Compliant Hot Sauce
- Compliant Ranch
- Frozen Shredded Potatoes
- Cauliflower Rice
- Balsamic Vinegar
- Stone Ground Mustard
- Fresh Squeezed OJ

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