

Weekly Meal Plan 9/14

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Chicken Breast (3 lb)
- Compliant Ground Sausage (2 lb)
- Ground Beef (4 lb)
- Eggs (1 doz)

PANTRY

- Nutritional Yeast
- Arrowroot Powder
- Almond Flour
- Tapioca Flour
- Baking Powder
- Beef Broth (2)
- Chicken Bone Broth
- Canned Coconut Milk
- Coconut Cream
- Compliant Marinara
- Tomato Paste
- Diced Tomatoes
- Fire Roasted Tomatoes (2)
- Tomato Sauce
- Diced Green Chilis

VEGETABLES & FRUIT

- Russet Potatoes (3)
- Yellow Onions (3)
- Spinach
- Garlic
- Sweet Potatoes (4)
- Carrots
- Green Beans
- Zucchini (3)
- Medium Acorn Squash (2)
- Mushrooms
- Green Bell Pepper
- Red Bell Pepper (2)
- Dates
- Cilantro
- Parsley
- Rosemary (fresh)
- Thyme (fresh)
- Ginger

FATS, HERBS, SPICES

- Olive Oil
- Ghee
- Cayenne Pepper
- Garlic Powder
- Salt & Pepper
- Paprika
- Cumin
- Chili Powder
- Curry Powder
- Cinnamon
- Onion Powder
- Dried Basil
- Dried Thyme
- Dried Rosemary
- Allspice

CONDIMENTS & MISC

- Apple Cider Vinegar
- Compliant Hot Sauce
- Compliant Ranch
- Frozen Shredded Potatoes
- Almond Milk

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