

Weekly Meal Plan 9/7

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Pork Butt or Shoulder (5lb)
- Ground Chicken (1lb)
- Shrimp (Deveined, Tails On) (1 1/2lb)
- Egg Whites
- Eggs (1 doz)
- Compliant Bacon (2)
- Chicken Breast (2lb)

PANTRY

- Nutritional Yeast
- Raw Cashews
- Sunflower Seeds
- Coconut Aminos
- Unsweetened Cranberries
- Chicken Bone Broth
- Sundried Tomatoes
- Canned Tuna
- Coconut Milk

VEGETABLES & FRUIT

- White Onion (2)
- Red Onions (1)
- Spinach
- Garlic
- Broccoli
- Sweet Potatoes (2-4)
- Cilantro
- Celery
- Cucumber
- Cherry Tomatoes
- Lemon
- Limes (3)
- Green Onions
- Avocado
- Cruciferous Slaw Mix

FATS, HERBS, SPICES

- Avocado Oil
- Ghee
- Cayenne Pepper
- Garlic Powder
- Salt & Pepper
- Paprika
- Cumin
- Chili Powder
- Italian Seasoning

CONDIMENTS & MISC

- Compliant Mayo
- Compliant Hot Sauce
- Compliant BBQ Sauce
- Dijon Mustard
- Fresh Squeezed Orange Juice

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