

Weekly Meal Plan 10/12

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Boneless Skinless Chicken Breast (1.5 lb)
- Compliant Bacon (1-2lb)
- Ground Beef (3lb)
- Bone-In Skin On Thighs (4lb)
- Eggs (1 doz)
- Ribeye or Strip Steak (1lb)

PANTRY

- Nutritional Yeast
- Arrowroot Powder
- Tapioca Flour
- Almond Flour
- Coconut Aminos
- Compliant Hot Sauce
- White Vinegar
- Chicken Bone Broth (2)
- Canned Coconut Milk (3)
- Tomato Sauce
- Tomato Paste
- Juliened Sun-dried Tomatoes

VEGETABLES & FRUIT

- Bunch Broccoli (2)
- White or Sweet Potatoes (3-4)
- Sweet Potatoes (2)
- White Onion (3)
- Yellow Onion
- Red Onion (2)
- Garlic (2)
- Red Bell Pepper (1)
- Yellow Bell Pepper (1)
- Celery
- Avocado (3-4)
- Mushrooms
- Cilantro
- Parsley
- Lemons (6)
- Russet Potatoes (1.5 lb)
- Limes (3)
- Jalapenos (2)
- Radishes (3)
- Pineapple
- Cauliflower Rice 12oz x 2

FATS, HERBS, SPICES

- Avocado Oil
- Olive Oil
- Ghee
- Italian Seasoning
- Onion Powder
- Salt & Pepper
- Dried Oregano
- Cumin
- Chili Powder
- Dried Thyme
- Red Pepper Flakes
- Paprika

CONDIMENTS & MISC

- Dried Cranberries
- Sunflower Seeds
- Compliant Mayo
- Dijon Mustard
- Brown Mustard
- Yellow Mustard

*Check your spices and condiments!

You may already have some of these!