

Weekly Meal Plan 10/5

GROCERY LIST

CATE & CO KITCHEN

PROTIEN

- Chicken Breast (2 lb)
- Pork Tenderloin (2lb)
- Ground Pork Sausage (1lb)
- Compliant Bacon (1lb)
- Eggs (1 doz)
- Ground Turkey (1.5 lb)
- Shrimp, peeled & deveined 1.5 lb)

PANTRY

- Nutritional Yeast
- Arrowroot Powder
- Coconut Aminos
- Fish Sauce
- Rice Vinegar
- Chicken Bone Broth (2)
- Canned Coconut Milk
- Canned Coconut Cream
- Almond Milk
- Roasted Green Chilis (16 oz can)

VEGETABLES & FRUIT

- Bunch Kale
- Yukon Potatoes (2.5lb)
- Sweet Potatoes (5)
- Onions (3)
- Green Onion
- Broccoli
- Garlic
- Green Bell Pepper (1)
- Red or Yellow Bell Pepper (4)
- Carrots (4 large)
- Avocado
- Scallions
- Cilantro
- Parsley
- Lemons (2)
- Celery
- Cherry Tomatoes
- Jalapenos (2)
- Tomatillos (6)
- Thyme
- Rosemary

FATS, HERBS, SPICES

- Avocado Oil
- Sesame Oil
- Ghee
- Garlic Powder
- Onion Powder
- Salt & Pepper
- Dried Oregano
- Cumin
- Chili Powder
- Bay Leaves
- Red Pepper Flakes
- Paprika
- Sesame Seeds

CONDIMENTS & MISC

- Compliant Salsa
- 12oz frozen Cauliflower Rice (2)

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