

52 Weeks of No-Repeat Meal Plans: Week #6

Grocery List for this Week:

Produce section

- ☐ Red Bell pepper (3)
- ☐ Yellow Bell Pepper (1)
- ☐ Zucchini (1)
- ☐ Carrots
- ☐ Shallot
- ☐ Parsley
- ☐ Oregano
- ☐ Lemon
- ☐ Onions (4)
- ☐ Baking potatoes (x number of servings)
- ☐ Green onion/scallions
- ☐ Garlic
- ☐ Limes (3)
- ☐ Pineapple (1)
- ☐ Ginger (2 teaspoons)
- ☐ Mango (1/3 cup)
- ☐ Red onion (1)
- ☐ Blueberries
- ☐ Cilantro
- ☐ Jalapeno
- ☐ Avocado
- ☐ Tomato
- ☐ Sweet potatoes (2) – 2 additional if you need a pumpkin puree substitute for pumpkin muffins.
- ☐ Strawberries
- ☐ Bananas
- ☐ Orange
- ☐ Fresh fruit and veggies for snack/sides

Frozen section

- ☐ Peas
- ☐ 12 ounce bag mixed-frozen vegetables like Birds Eye Asian
- ☐ Medley
- ☐ Corn

Other

- ☐ Salted cashews (roasted) ¼ cup
- ☐ Evaporated Cane Juice

Meat | Poultry | Fish section

- ☐ 2 pounds salmon filet
- ☐ Ground beef chuck, 1 pound
- ☐ Ground beef or turkey, 1 pound
- ☐ Chicken (whole or parts) 3 pounds
- ☐ 4 Pork chops (3/4 inch thick boneless)
- ☐ 2-3 boneless skinless chicken breasts
- ☐ Turkey bacon

Condiments section

- ☐ Soy sauce
- ☐ Sesame oil
- ☐ Orange marmalade
- ☐ Almond butter
- ☐ Almond milk
- ☐ Peanut butter, creamy

Baking Aisle | Spices | Seasoning section

- ☐ Rolled quick oats
- ☐ Spelt flour (2/3 cup)
- ☐ Raisins (1/3 cup)
- ☐ Carob chips (1/4 cup)
- ☐ Canola oil
- ☐ Maple syrup
- ☐ Seeds (sunflower, pumpkin) ¼ cup
- ☐ Flour
- ☐ Sugar
- ☐ Cocoa powder
- ☐ Chocolate chips small bag

Canned | Packaged section

- ☐ Dried fruit of choice (pineapple/cranberry are great)
- ☐ Couscous
- ☐ Canned whole tomatoes, 32 ounces
- ☐ Chili beans, 4 (15 ounce cans)
- ☐ Rice (4 cups uncooked)
- ☐ Chicken stock (38 ounces)
- ☐ Quinoa
- ☐ Graham Crackers
- ☐ Black beans, 15 ounces

- ☐ Pistachios, unsalted 1/3 cup
- ☐ Mixed nuts of choice, 1 cup
- ☐ Coconut oil (for granola- if you can't find this, substitute additional honey in recipe)
- ☐ Pretzels or popcorn