Week 1 Shopping List

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Fruits/Vegetables

- 3-lb bag onions
- 3-lb bag carrots
- celery heart
- 8oz mushrooms (cremini or white)
- 2 shallots
- garlic bulb
- flat leaf parsley
- thyme
- 3-lb bag sweet potatoes
- parsnips (or additional sweet potatoes)
- 1 bell pepper
- 1 bunch scallions
- 1-2 tomatoes or a small bunch
- 1 small zucchini
- 1 bunch radishes
- *vegetable pizza toppings of choice
- *salad ingredients for sides/roll over meals
- *zucchini for spiralizing if following THM or THM compliant noodles (Dreamfield's)

Meats

- 1lb lean ground beef (96% or better if following THM)
- 3lbs chicken breasts
- 1 ½ – 2lbs ground beef (any percent will do)
- 1lb bulk breakfast sausage
- *meat pizza toppings of choice

Dairy

- shredded part skim mozzarella cheese
- eggs (2 dozen)
- fat free cream cheese
- parmesan cheese
- butter

Aisles

- red wine (Cotes du Rhone works great, or any dry red you enjoy sipping. Can also sub for beef broth)
- dried basil
- garlic powder
- smoked paprika
- cumin
- minced dried onion
- chili powder
- dried dill
- dried parsley
- Herbes de Provence (If you can't find these, dried thyme/rosemary/sage will also do)
- 15oz can diced tomatoes with green chiles (mild)
- 15oz can beans (black or kidney)
- 28oz can crushed tomatoes with basil
- chicken broth
- almond flour (fine, try not to get almond meal, which is more coarse. However, if you can't find it finer, meal will do.)
- xanthan gum (find it on the baking aisle, probably near the almond flour)
- tortillas (If following THM any gluten free variety that's OK for E meals. Mission makes a great gluten free corn tortilla)

Frozen

- peas
- chopped leaf spinach