



Shopping List

(M) Greek-Style Lamb Tacos (T) Orange Jalapeno Shrimp with Broccoli & Brown Rice (W) Chicken Satay with Noodles & Cucumber Salad (Th) Guacamole Tostadas with Fried Eggs (F) Lame Penne with Simple Salad

Meat / Seafood	Quantity	Notes
ground lamb	2 pounds	
chicken breasts (boneless, skinless)	2	about 1-1/4 pounds)
shrimp (raw and deveined)	1 pound	tail on

Vegetables & Fruit	Quantity	Notes
red onion, medium	1	
red bell pepper	3	
fresh, flat leaf parsley	1 bunch	
butter lettuce	2 heads	(such as Bibb)
limes	4	
avocados	2	
cucumber, medium	2	
fresh ginger	3" piece	
jalapeno pepper, small	1	
broccoli florets	8 ounces	about 3 cups
navel oranges	5	

Dairy	Quantity	Notes
eggs, large	4	
raw milk cheddar cheese, shredded	1 cup	
greek yogurt (plain, non-fat)	1 cup	

Bakery/Misc	Quantity	Notes
corn tortillas, 6"	12	
kidney beans	2 cans	15 oz each
creamy peanut butter	1/4 cup	

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	3 Tablespoons	dried oregano	1 teaspoon
grapeseed oil	1/2 cup + 3 Tblsp	herbes de provence	
balsamic vinegar		ground cumin	1-1/2 teaspoons
white wine vinegar	1 teaspoon	raw honey or 100% maple syrup	5 Tablespoons
chicken or veggie broth: low sodium	1 cup	organic tomato paste	
garlic	8 cloves	Dijon mustard or brown mustard	
kosher salt	3-5/8 teaspoons	soy sauce or Braggs liquid amino acid	8 Tblsp + 1 tsp
black pepper	1-1/4 teaspoons	whole grain pasta	16 ounces *
cayenne pepper	1/4 teaspoon	long grain brown rice (dry)	1 cup
paprika		whole wheat flour	

* 8 oz penne & 8 oz spaghetti