

Week 3 Groceries

ARIN SOLANGE AT HOME

Meat

- 1 lb Ground Beef
- 1 1/2 lb shrimp
- 7 chicken breasts
- 1/2 lb ground turkey

Spices

- Paprika
- Garlic Powder
- Cinnamon
- Minced garlic
- Curry powder
- 12 basil leaves
- Rosemary
- Sesame Seeds (optional)
- Cayenne
- cumin
- Dried sage
- Pumpkin pie spice
- Ginger
- Onion powder
- Chipotle pepper powder
- Dried oregano

Cans/Other

- 2 - 10oz cans tomatoes with green chiles
- Olive Oil
- 3- 13 1/2 can coconut milk
- Slivered Almonds
- Coconut aminos
- Rice vinegar
- Sesame oil
- 1 tbs crushed pine nuts
- Coconut oil
- 2 cups vegetable or chicken broth
- Pumpkin seeds (optional garnish)
- Coconut cream (optional garnish)

Produce

- 6 Sweet potatoes
- 2 Avocados
- Green Onion
- 1 Tomato
- 2 lime
- 5 pitted dates
- 2 lemons
- 4 cups Cole slaw mix
- 1 cup shredded red cabbage
- Red bell pepper
- Fresh grated ginger
- Spinach
- 5 whole peppers
- 1 sweet onion
- 3 garlic cloves (optional can use minced)
- 1 tart sweet apple (pink lady or sim)
- 1 medium butternut squash (or equivalent frozen)
- 1 onion
- 2 zucchinis
- 1 red onion
- Fresh cilantro

Frozen

- Cauliflower Rice

Other