

Week 4 Groceries

ARIN SOLANGE AT HOME

Meat

- 1 lb Chicken Breasts + 8 oz
- 2 lbs pork tenderloin
- 3 lbs 85% lean ground beef
- 6 oz sausage pre cooked - smoked
- 1lb shrimp

Spices

- Cumin
- Chili flakes
- Garlic powder
- Chili Powder
- Black or normal sesame seeds (optional)
- Oregano
- Minced garlic
- Onion powder
- Chipotle pepper (optional)
- Italian seasoning
- Old bay seasoning

Cans/Other

- Compliant Salad dressing or oil and vinegar
- Olive Oil
- Coconut oil
- Cashew Butter
- Apple Cider Vinegar
- Salsa of choice
- 6 oz can tomato paste
- Almond flour
- ghee
- Compliant mustard
- Can coconut cream
- 1/4 cup chicken stock
- Tapioca starch
- Avocado Oil
- 1/4 cup pineapple tidbits
- Coconut aminos
- Franks red hot sauce
- 3/4 cup pineapple juice

Dairy

- 3 eggs

Produce

- Bagged Salad or Salad ingredients of choice (enough for meal and side)
- 2 Green Pepper
- 1 Onion
- 3 Yellow Pepper
- 2 Red Pepper
- 2 cups sliced cabbage
- 1 Sweet potato
- 7 Avocado
- Small head romaine lettuce
- Large head romaine lettuce
- 1 red onion
- 3 lime
- 3 onion
- 1 Jalepeno
- 1 navel orange
- Carrots - for side serving
- Medjool dates
- Chopped parsley (optional)
- 1 cup cherry tomato
- Fresh cilantro
- Green onion
- 1 zucchini
- Fresh ginger

Frozen

- Cauliflower Rice

Other