SEPTEMBER
shopping list

© JORDYJEAN

9/1 - 9/7

1 BURGERS + SALAD + SWEET POTATO FRIES

2 SWEET POTATO + SAUSAGE + BROCCOLI SHEET PAN

3 PALEO CHICKEN POT PIE

4 SALMON BOWLS

5 SAUSAGE + EGGS + SALAD

6 PIZZA PICNIC

7 SPAGHETTI SQUASH FRITTERS + GREEN BEANS

WEEK 1 SHOPPING LIST

MEAL:

PRODUCE:	1	2	3	4	5	6	7
1 BAG ROMAINE LETTUCE	☐						
FRESH BASIL	☐				☐		
1 CONTAINER GRAPE TOMATOES	☐						
2 BAG CARROTS	☐		☐				
2 CUCUMBER	☐						
2 ONION	☐		☐				
1 TOMATO	☐						
1 LB BRUSSEL SPROUTS		☐					
2 LB SWEET POTATOES		☐	☐				
1 HEAD BROCCOLI		☐					
2 MANGOES				☐			
1 AVOCADO				☐			
FRESH CILANTRO				☐			
1 RED ONION				☐			
1 JALAPENO				☐			
1 LIME				☐			
1 ORANGE					☐		
FRESH OREGANO					☐		
FRESH THYME					☐		
1 SPAGHETTI SQUASH							☐
3 GREEN ONIONS							☐

PANTRY:	1	2	3	4	5	6	7
MINCED GARLIC	☐	☐			☐		
ONION POWDER		☐					
RED PEPPER FLAKES		☐					
GROUND SAGE			☐				
GROUND NUTMEG			☐				
SMOKED PAPRIKA				☐			
GARLIC POWDER				☐			
CHILI POWDER				☐			
2 CUPS CHICKEN BROTH			☐				
28 OZ CRUSHED TOMATOES					☐		
☐ * 2 RAOS HOMEMADE MARINARA SAUCE							
GLUTEN FREE HAMBURGER BUNS							
2.5 C ALMOND FLOUR			☐				
2 TBSP COCONUT SUGAR				☐			
☐ * 4 GLUTEN FREE SIMPLE MILLS PIZZA DOUGH MIX							
☐ * GLUTEN FREE FLOUR							
(WE USE KING ARTHUR AND IT WORKS WELL!)							
☐ * OLIVE OIL							
☐ * COCONUT OIL							
PRIMAL KITCHEN SALAD DRESSING	☐						
COCONUT AMINOS		☐					
DIJON MUSTARD		☐					
HOT SAUCE		☐					
☐ * HONEY							

"DAIRY"	1	2	3	4	5	6	7
2 DOZEN EGGS	☐		☐		☐		
ALMOND MILK			☐				
☐ * GRATED CHEESE (OPTIONAL)							
TRADER JOE'S ALMOND MILK							
GRATED CHEESE						☐	
(OR MOZZARELLA IF YOU WISH!)							
☐ * CALFIA CREAMER							
(NOT PALEO BUT IT MAKES ME HAPPY)							
PARMESAN CHEESE (IF YOU WISH!)							☐

MEAT	1	2	3	4	5	6	7
1 LB GROUND BEEF 80/20	☐						
2 PACK CHICKEN SAUSAGE		☐			☐		
1 LB CHICKEN BREAST			☐				
2 LB SALMON				☐			
1 PACK BACON							☐

FROZEN	1	2	3	4	5	6	7
☐ * SWEET POTATO FRIES							
PEAS			☐				