SEPTEMBER
shopping list

9/15-9/21

WEEK 3 SHOPPING LIST

15 POT ROAST CROCK POT

16 INSTANT POT SUMMER SOUP

17 SPAGHETTI SQUASH MEXICAN CASSEROLE

18 SAUSAGE + VEGGIES SHEET PAN

19 PALEO PAN-CAKES + BACON + SPINACH

20 PIZZA PICNIC

21 TWICE BAKED POTATOES + GARLIC ROASTED BRUSSELS SPROUTS

PRODUCE:	MEAL: 15	16	17	18	19	20	21
3 ONION	☐		☐				☐
1 PACKAGE MUSHROOMS	☐						
5-7 BABY POTATOES	☐						
1 HEAD CAULIFLOWER	☐						
1 HEAD CELERY	☐	☐					
2 ZUCCHINI	☐	☐					
2 BAG CARROTS	☐		☐				
FRESH ROSEMARY	☐						
1 SPAGHETTI SQUASH			☐				
1 RED BELL PEPPER			☐				
6-8 MEDIUM RED POTATOES OR SWEET POTATOES				☐			
1 LB BRUSSELS SPROUTS							☐
4 MEDIUM RUSSET POTATOES							☐
5 OZ SPINACH							☐
1 LEMON							☐

PANTRY:	15	16	17	18	19	20	21
1 CAN TOMATO PASTE	☐						
☐ * 2 CUPS BEEF BROTH/BONE							
BROTH	☐						
1, 28 OZ CRUSHED TOMATOES		☐					
6 CUPS CHICKEN BROTH		☐					
1, 16 OZ JAR SALSA			☐				
☐ * HALF OF 14 OZ CAN ARTICHOKE HEARTS							☐
1 CAN COCONUT CREAM							☐
ARROWROOT POWDER/XANTHAN GUM	☐						
GARLIC POWDER	☐	☐	☐				
ONION POWDER		☐		☐			
ITALIAN SEASONING	☐						
MINCED GARLIC		☐		☐			☐
BASIL		☐					
OREGANO		☐					
CUMIN			☐				
CHILI POWDER			☐				
PAPRIKA			☐				
RED PEPPER FLAKES				☐			
☐ * OLIVE OIL							
AVOCADO OIL	☐						
GHEE							☐
WORCESTERSHIRE SAUCE	☐						
COCONUT AMINOS	☐			☐			
DIJON MUSTARD				☐			
HOT SAUCE				☐			
BALSAMIC VINEGAR							☐
NUTRITIONAL YEAST							☐

"DAIRY"	15	16	17	18	19	20	21
3 EGGS			☐				

MEAT	15	16	17	18	19	20	21
☐ * 3 LB BONELESS BEEF CHUCK ROAST - 1	☐						
1 LB CHICKEN BREAST		☐					
1 LB GROUND TURKEY			☐				
1-2 PACKAGE CHICKEN SAUSAGE				☐			
1 PACKAGE BACON					☐		☐

FROZEN	15	16	17	18	19	20	21
1-2 PACKAGE GREEN BEANS				☐			
1 BAG SPINACH					☐		