SEPTEMBER
shopping list

@JORDYJEAN

9/22-9/30

22	INSTANT POT MEAT-LOAF + VEGGIES + POTATOES
23	SWEET POTATO SOUP
24	SALMON + ASPARAGUS
25	ZUCCHINI NOODLES + SAUSAGE
26	BREAKFAST FOR DINNER: ARUGULA EGGS SALSA AVOCADO
27	PIZZA PICNIC
28	CAULI-FLOWER STIR FRY
29	SPAGHETTI SQUASH FRITTERS + VEGGIES
30	SAUSAGE & KALE SOUP

WEEK 4-5 SHOPPING LIST

MEAL:

PRODUCE:	22	23	24	25	26	27	28	29	30
2 SWEET ONION	☐	☐							
RED BELL PEPPER	☐								
FRESH ROSEMARY	☐								
FRESH THYME	☐								
1 LB FINGERLING POTATOES	☐								
5 SWEET POTATOES		☐							
2 JALAPENOS		☐							
2 CUPS KALE		☐							
2 BUNCHES ASPARAGUS			☐						
1 LEMON			☐						
1 LB ZUCCHINI			☐						
1 PURPLE ONION							☐		
1 YELLOW PEPPER							☐		
1 ORANGE PEPPER							☐		
1 BAG CARROTS							☐		
1 SPAGHETTI SQUASH								☐	
GREEN ONIONS								☐	
2 AVOCADO					☐				
1 CONTAINER ARUGULA					☐				

PANTRY:	22	23	24	25	26	27	28	29	30
1 C BONE BROTH	☐								
1, 14 OZ CAN FIRE ROASTED TOMATOES		☐							
1, 14 OZ CAN COCONUT MILK		☐							
ROAS HOMEMADE MARINARA			☐			☐			
1 C ALMOND FLOUR	☐								
COCONUT SUGAR							☐		
GLUTEN FREE FLOUR									
MINCED GARLIC	☐	☐					☐		
RED PEPPER FLAKES	☐								
CAYENNE PEPPER	☐								
CURRY POWDER		☐							
☐ * TURMERIC		☐							
☐ * GARLIC POWDER			☐						
OLIVE OIL									
AVOCADO OIL									
PRIMAL KITCHEN KETCHUP	☐								
YELLOW MUSTARD	☐								
MOLASSES	☐								
COCONUT AMINOS	☐						☐		
GHEE	☐								
PEANUT BUTTER		☐							
3 TBSP MAPLE SYRUP			☐						
STONE GROUND MUSTARD			☐						
SESAME OIL							☐		
1/2 C PEANUTS		☐							
1 JAR SALSA/PICO					☐				

"DAIRY"	22	23	24	25	26	27	28	29	30
1 DOZEN EGG	☐						☐	☐	
TRADER JOE'S SHREDDED ALMOND CHEESE								☐	

MEAT	22	23	24	25	26	27	28	29	30
1 LB GROUND BEEF	☐								
1 LB GROUND PORK	☐								
4 SALMON FILETS			☐						
1 PACKAGE CHICKEN SAUSAGE			☐						
1 PACKAGE BACON							☐	☐	

FROZEN	22	23	24	25	26	27	28	29	30
2 BAGS GREEN BEANS	☐							☐	
BROCCOLI FLORETS							☐		
PEAS							☐		
1-2 BAGS CAULIFLOWER RICE							☐		