

Weekly Shopping List

Oils & Vinegars:

Carlini Pure Olive Oil
Carlini Extra Virgin Olive Oil
Carlini Vegetable Oil
SimplyNature Organic Apple Cider Vinegar
balsamic vinegar
rice wine vinegar
sesame oil

Herbs & Spices:

Stonemill Iodized Salt
Stonemill Sea Salt Grinder
Stonemill Ground Black Pepper
Stonemill Italian Seasoning
Stonemill Steak Seasoning
Stonemill Garlic Powder
Stonemill Onion Powder
Stonemill Chili Powder
Stonemill Oregano
Stonemill Ground Cumin
Stonemill Paprika
fresh sage
fresh parsley
fresh cilantro
SimplyNature Organic Ground Cayenne
fennel seeds
turmeric
ground ginger

Refrigerated & Dairy:

1 carton Goldhen Large Eggs
1 package Countryside Creamery Butter

Meat, Poultry & Seafood:

1 package Kirkwood Never Any! Chicken Breasts
1 package Kirkwood Fresh Chicken Leg Quarters
1 package Kirkwood Fresh Chicken Breasts
1 package Kirkwood Fresh Chicken Thighs
2 packages SimplyNature Organic Grass Fed Ground Beef
3 center-cut pork chops
1 pound ground pork

Produce:

2 lemons
1 apple
4 mandarin oranges
1 pineapple
1 honeydew melon
1 pint blueberries
1 garlic bulb
3 red onions
2 onions
1 cucumber
2 yellow squash
1 bag celery
2 bell peppers
1-2 jalapeños
1 head cabbage
1 bag scallions
7-8 medium Yukon Gold potatoes
2 bags carrots

Pantry:

1 package Specially Selected Deluxe Unsalted Whole Cashews
4 cans Happy Harvest Diced Tomatoes
1 carton SimplyNature Organic Low Sodium Chicken Broth
1 jar SimplyNature Cashew Butter or Almond Butter
1 bottle Specially Selected 100% Pure Maple Syrup
1 bottle SimplyNature Organic Wildflower Honey
1 bottle Fusia Soy Sauce
1 bottle Burman's Dijon Mustard
1 bottle coconut aminos
1 package sesame seeds

