

Weekly Shopping List

Oils & Vinegars:

Carlini Pure Olive Oil
Carlini Extra Virgin Olive Oil
SimplyNature Organic Coconut Oil
SimplyNature Organic Apple Cider Vinegar
balsamic vinegar

Herbs & Spices:

Stonemill Iodized Salt
Stonemill Sea Salt Grinder
Stonemill Ground Black Pepper
Stonemill Ground Cumin
Stonemill Paprika
Stonemill Chili Powder
Stonemill Crushed Red Pepper
Stonemill Ground Cinnamon
fresh rosemary
fresh sage
fresh cilantro
fresh parsley
fresh thyme
bay leaves
SimplyNature Organic Ground Cayenne
ancho chili powder
cinnamon sticks
garlic granules

Refrigerated & Dairy:

1 carton Goldhen Large Eggs
1 jar grass fed organic ghee

Meat, Poultry & Seafood:

4 packages Kirkwood Never Any! Chicken Breasts
1 package USDA Choice Chuck Roast
1 package USDA Choice Beef Stew Meat
1 package SimplyNature Organic Grass Fed Ground Beef
1 package Appleton Farms Sliced Bacon

Produce:

1 lemon
2 limes
1 orange
8 apples
2 garlic bulbs

Produce (continued):

5 white onions
1 yellow onion
1 red bell pepper
1 jalapeño
2 serrano peppers
4 sweet potatoes
1 head broccoli
3 medium tomatoes
1 bag celery
1 bag SimplyNature Organic Arugula

Pantry:

2 cans Dakota's Pride Cannellini Beans
1 can Dakota's Pride Kidney Beans
1 can SimplyNature Organic Black Beans
1 can Happy Harvest Diced Tomatoes
1 jar SimplyNature Organic Medium Salsa
1 jar SimplyNature Organic Tomato Sauce
2 cartons SimplyNature Organic Low Sodium Chicken Broth
1 carton Chef's Cupboard Chicken Cooking Stock
1 package Clancy's Restaurant Style Tortilla Chips
1 package Southern Grove Sliced Almonds
1 package Southern Grove Dried Cranberries
1 package Southern Grove Prunes
1 package SimplyNature Organic Walnuts Halves and Pieces
1 bottle Broken Clouds Pinot Noir

