# SHOPPING LIST
## WEEK 2

## A COMPLETE LIST OF THE INGREDIENTS YOU'LL NEED FOR THE MEAL PLAN PRECIPES

# SHOPPING LIST

The shopping list below details the ingredients needed to make the breakfast, lunch and dinner meals listed in the Sugar Balance Program Week 2. **Serving size for listed ingredients: 1 person**

*Adjust quantities by multiplying by number of people for the week if you are planning on having your family eating the same meal plan.

## PANTRY ITEMS

- [ ] 1 can pink salmon
- [ ] 1 cup chicken broth (low sodium)
- [ ] 1/8 cup tomato sauce
- [ ] 1/8 cup pitted kalamata olives
- [ ] 1/2 cup roasted cashew nuts
- [ ] 1/2 cup slivered almonds
- [ ] 1 tbsp sesame seeds (optional)
- [ ] Corn starch

## CONDIMENTS/OILS

- [ ] Apple cider vinegar
- [ ] White wine vinegar
- [ ] Soy sauce
- [ ] Natural mayonnaise (organic)
- [ ] Dijon mustard
- [ ] Stevia (liquid or pourable)
- [ ] Olive oil (or other healthy oil like avocado oil, coconut oil)
- [ ] Sesame oil

## HERBS/SEASONINGS

- [ ] Crushed red pepper flakes
- [ ] Dried oregano

- [ ] Dried garlic powder
- [ ] Dried paprika
- [ ] Cayenne pepper
- [ ] Sea salt
- [ ] Black pepper

## EGGS, MEAT & POULTRY

- [ ] 2 dozen eggs (use ~17)
- [ ] 1 package turkey bacon (12 strips)
- [ ] ¾ pound breakfast sausage (ground)
- [ ] ½ (4-oz) lb  turkey breast
- [ ] 1 lb grass-fed extra-lean ground beef
- [ ] ½  pound ground turkey
- [ ] ½ lb raw peeled prawns/shrimp
- [ ] ½  pound ground turkey
- [ ] 1 lb boneless skinless chicken breasts (~4 pieces)
- [ ] 4 chicken drumsticks
- [ ] ¼ lb (4-oz) ounce grilled or baked salmon

## FRESH HERBS & PRODUCE

- [ ] 1 bunch thyme (4-5 sprigs)
- [ ] 1 bunch fresh rosemary
- [ ] 1 bunch flat leaf-parsley

## FRESH HERBS & PRODUCE

- [ ] 1 bunch fresh dill
- [ ] 3 inch chunk ginger
- [ ] 4 bunches green onions (scallions)
- [ ] 2 large onions
- [ ] 2-3 bulbs of garlic (~16 cloves)
- [ ] 4 small lemons
- [ ] 1 pint raspberries (~½ cup, optional)
- [ ] 3 large avocados
- [ ] 2 bunches asparagus
- [ ] 1 large bunch kale
- [ ] 3 lbs  brussels sprouts (~7 cups)
- [ ] 6 small heads baby bok choy
- [ ] 1 large head of broccoli
- [ ] 1 small heads cauliflower
- [ ] 1/4 head purple cabbage
- [ ] 3 red bell peppers
- [ ] 1 long red chili pepper (optional)
- [ ] 1 pint cherry tomatoes
- [ ] 1 large tomato
- [ ] 1 cup button mushrooms
- [ ] 3 medium zucchinis
- [ ] 1 head romaine lettuce
- [ ] 1 small box container mixed greensV