



SUGAR BALANCE

SHOPPING LIST

WEEK 8

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

WEEK 8

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 8. **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	
<input type="checkbox"/>	1 can pink salmon
<input type="checkbox"/>	1 cup chicken broth (low sodium)
<input type="checkbox"/>	1/8 cup tomato sauce
<input type="checkbox"/>	1/8 cup pitted kalamata olives
<input type="checkbox"/>	1/2 cup roasted cashew nuts
<input type="checkbox"/>	1/2 cup slivered almonds
<input type="checkbox"/>	1 tbsp sesame seeds (optional)
<input type="checkbox"/>	Corn starch
CONDIMENTS/OILS	
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	White wine vinegar
<input type="checkbox"/>	Soy sauce
<input type="checkbox"/>	Natural mayonnaise (organic)
<input type="checkbox"/>	Dijon mustard
<input type="checkbox"/>	Stevia (liquid or pourable)
<input type="checkbox"/>	Olive oil (or other healthy oil like avocado oil, coconut oil)
<input type="checkbox"/>	Sesame oil
HERBS/SEASONINGS	
<input type="checkbox"/>	Crushed red pepper flakes
<input type="checkbox"/>	Dried oregano

<input type="checkbox"/>	Dried garlic powder
<input type="checkbox"/>	Dried paprika
<input type="checkbox"/>	Cayenne pepper
<input type="checkbox"/>	Sea salt
<input type="checkbox"/>	Black pepper
EGGS, MEAT & POULTRY	
<input type="checkbox"/>	2 dozen eggs (use ~17)
<input type="checkbox"/>	1 package turkey bacon (12 strips)
<input type="checkbox"/>	¾ pound breakfast sausage (ground)
<input type="checkbox"/>	½ (4-oz) lb turkey breast
<input type="checkbox"/>	1 lb grass-fed extra-lean ground beef
<input type="checkbox"/>	½ pound ground turkey
<input type="checkbox"/>	½ lb raw peeled prawns/shrimp
<input type="checkbox"/>	½ pound ground turkey
<input type="checkbox"/>	1 lb boneless skinless chicken breasts (~4 pieces)
<input type="checkbox"/>	4 chicken drumsticks
<input type="checkbox"/>	¼ lb (4-oz) ounce grilled or baked salmon
FRESH HERBS & PRODUCE	
<input type="checkbox"/>	1 bunch thyme (4-5 sprigs)
<input type="checkbox"/>	1 bunch fresh rosemary
<input type="checkbox"/>	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