



SUGAR BALANCE

SHOPPING LIST

WEEK 4

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

WEEK 4

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 4. **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"/>	2 cans wild caught tuna
<input type="checkbox"/>	1 cup low sodium chicken stock
<input type="checkbox"/>	1 tbsp pesto of your choice
<input type="checkbox"/>	1 cup tomato sauce
<input type="checkbox"/>	1 can (8 oz) crush tomatoes with their juices
<input type="checkbox"/>	1 tbsp tomato paste
<input type="checkbox"/>	¼ cup olives, pitted and halved
<input type="checkbox"/>	¼ cup almond milk (or other non-dairy milk) *optional
<input type="checkbox"/>	1 Tbsp capers *optional
<input type="checkbox"/>	1 Tbsp jalapeno peppers, jarred *optional
<input type="checkbox"/>	1 teaspoon sesame seeds (black or white) *optional
CONDIMENTS/OILS	
<input type="checkbox"/>	Natural mayonnaise
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	Dijon mustard
<input type="checkbox"/>	White wine vinegar
<input type="checkbox"/>	Stevia (liquid or pourable powder variety)
<input type="checkbox"/>	Olive oil (or other healthy oil like avocado oil, coconut oil)
HERBS/SEASONINGS	
<input type="checkbox"/>	Dried oregano
<input type="checkbox"/>	Dried italian parsley
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Onion powder
<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Coriander
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Red pepper flakes
<input type="checkbox"/>	Cayenne pepper
<input type="checkbox"/>	Ground ginger
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Turmeric
<input type="checkbox"/>	Curry powder
<input type="checkbox"/>	Ground cloves
<input type="checkbox"/>	Arrowroot powder (or cornstarch)
<input type="checkbox"/>	Sea salt
<input type="checkbox"/>	Black pepper
EGGS, MEAT & POULTRY	
<input type="checkbox"/>	14 large eggs
<input type="checkbox"/>	1 salmon fillets (6oz)
<input type="checkbox"/>	2 tilapia fillets (3 oz each)
<input type="checkbox"/>	6 boneless chicken breasts

EGGS, MEAT & POULTRY

- ☐ 1/2 lb lean ground turkey (8-10 oz)
- ☐ 3 small pork scallops (10½ ounces/300 g total)
- ☐ 1 medium pork steaks (about 150 g / 4-5 oz)

FRESH HERBS & PRODUCE

- ☐ 2 large bunches cilantro
- ☐ 1 bunch green onion
- ☐ 3 medium red onions
- ☐ 4 yellow large or white onions
- ☐ 2 heads of garlic (~12 cloves)
- ☐ 3 lemons
- ☐ 4 limes
- ☐ 1 pint cherry tomatoes
- ☐ 4 large tomatoes
- ☐ 3 bunches asparagus
- ☐ 5 avocados
- ☐ 2 small heads of cauliflower
- ☐ 1 stalk celery
- ☐ 1 medium white cabbage,
- ☐ 1 small container baby spinach
- ☐ 5 broccolini stalks
- ☐ 2 english cucumbers
- ☐ 1 large head of leafy kale
- ☐ 2 cups white mushrooms
- ☐ 2 portobello mushrooms
- ☐ 5 red or yellow bell peppers
- ☐ 1 long red chilli
- ☐ 2 medium zucchinis