



SUGAR BALANCE

SHOPPING LIST

WEEK 7

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

WEEK 7

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 7. **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"/>	1-5 oz. of light tuna
CONDIMENTS/OILS	
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	White wine vinegar
<input type="checkbox"/>	Soy sauce
<input type="checkbox"/>	Olive oil (or other healthy oil like avocado oil, coconut oil)
HERBS/SEASONINGS	
<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Sea Salt
<input type="checkbox"/>	Pepper
EGGS, MEAT, FISH & POULTRY	
<input type="checkbox"/>	8 large eggs (preferably organic)
<input type="checkbox"/>	1 cod fillet
<input type="checkbox"/>	1-2 salmon filet (preferably wild, ocean caught)
<input type="checkbox"/>	300g lean ground beef (95% lean)
<input type="checkbox"/>	350g lean strip steak (preferably grass-fed)
<input type="checkbox"/>	300g uncooked shrimp
<input type="checkbox"/>	2-3 (~300g) extra lean chicken breast

<input type="checkbox"/>	250g extra lean ground turkey breast
<input type="checkbox"/>	100g leg of lamb (fat trimmed off)
<input type="checkbox"/>	2 pork chop
FRESH HERBS & PRODUCE	
<input type="checkbox"/>	1 bunch fresh oregano
<input type="checkbox"/>	1 bunch fresh parsley
<input type="checkbox"/>	1 bunch of green onions
<input type="checkbox"/>	1 bunch dill weed
<input type="checkbox"/>	1 bunch fresh basil
<input type="checkbox"/>	1 bunch fresh chives
<input type="checkbox"/>	3 yellow or white onions
<input type="checkbox"/>	2 heads of garlic (~10 cloves)
<input type="checkbox"/>	1 lemon
<input type="checkbox"/>	4 large tomatoes
<input type="checkbox"/>	2 pints cherry tomatoes
<input type="checkbox"/>	2 bunch asparagus
<input type="checkbox"/>	5 large red peppers
<input type="checkbox"/>	8 large zucchinis
<input type="checkbox"/>	4 large cucumber
<input type="checkbox"/>	4 small cauliflower
<input type="checkbox"/>	2 large heads of broccoli

FRESH HERBS & PRODUCE

☐ 5 cups spinach

☐ 6-8 stalks of bok choy

☐ 1 cup brussel sprouts

☐ 1 bunch of iceberg or romaine lettuce

