SHOPPING LIST
WEEK 5

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 5. **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

- [ ] 1/2 cup chicken stock
- [ ] 1/8 cup tomato sauce
- [ ] 1 tbsp tablespoons slivered almonds
- [ ] 1/4 cup peanuts
- [ ] 1/2 cup roasted cashew nuts
- [ ] 2 tsp natural peanut butter

CONDIMENTS/OILS

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

HERBS/SEASONINGS

- [ ] Dried oregano
- [ ] Garlic powder
- [ ] Onion powder
- [ ] Cumin
- [ ] Coriander
- [ ] Turmeric
- [ ] Red pepper flakes
- [ ] Ground ginger
- [ ] Curry powder
- [ ] Ground cloves
- [ ] Arrowroot powder (or cornstarch)
- [ ] Sea salt
- [ ] Black pepper

EGGS, MEAT & POULTRY

- [ ] 15 eggs (preferably organic, large)
- [ ] 2 large salmon fillets (4-oz each)
- [ ] 1 cup raw peeled prawns/shrimp
- [ ] 4 lean pork loin chops (4 oz each, bone out)
- [ ] 1/2 lb grass-fed extra-lean ground beef
- [ ] 1 lb ground turkey
- [ ] 1 package center-cut turkey bacon, diced
- [ ] 4 oz steak of choice, preferably grass-fed
- [ ] 5 lean chicken breasts (about 4 oz each)

FRESH HERBS & PRODUCE

- [ ] 1 small bunch cilantro

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- [ ] 1 small bunch basil
- [ ] 1 large bunch parsley
- [ ] 1 small bunch mint
- [ ] 1 small bunch of rosemary (optional)
- [ ] 2 thyme sprigs
- [ ] 2 inch piece fresh ginger
- [ ] 4 avocados
- [ ] 2 bunches asparagus
- [ ] 2 large heads broccoli
- [ ] 4 cups brussels sprouts
- [ ] 1 small container baby spinach
- [ ] 2 large heads cauliflower
- [ ] 1 english cucumber
- [ ] 2 large portobello mushrooms
- [ ] 1 head romaine lettuce
- [ ] 1 long red chili
- [ ] 2 red bell peppers
- [ ] 2 tomato
- [ ] 1 bunch green onions
- [ ] 1 small red onion
- [ ] 5 large onions (yellow or white)
- [ ] 3 large bulbs garlic (~16 cloves)
- [ ] 1 large bunch kale
- [ ] 1 lime
- [ ] 3 medium lemons
- [ ] 4 medium zucchinis
- [ ] 1 pint raspberries (optional*)