



SUGAR BALANCE

SHOPPING LIST

WEEK 12

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

WEEK 12

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 12. **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 wild caught tuna
<input type="checkbox"/>	1 can pink salmon
<input type="checkbox"/>	1 cup chicken stock
<input type="checkbox"/>	1 cup tomato sauce
<input type="checkbox"/>	¼ cup olives, pitted
<input type="checkbox"/>	½ cup almonds, slivered
<input type="checkbox"/>	1 tbsp sesame seeds *optional
<input type="checkbox"/>	1 tbsp jarred capers *optional
<input type="checkbox"/>	1 tbsp jarred jalapeno peppers *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
<input type="checkbox"/>	Sesame oil
<input type="checkbox"/>	Chili oil *optional
<input type="checkbox"/>	Soy sauce
HERBS/SEASONINGS	

<input type="checkbox"/>	Dried oregano
<input type="checkbox"/>	Curry powder
<input type="checkbox"/>	Cayenne pepper
<input type="checkbox"/>	Crushed red pepper
<input type="checkbox"/>	Sea salt
<input type="checkbox"/>	Black pepper
EGGS, MEAT & POULTRY	
<input type="checkbox"/>	17 eggs (preferably organic, large)
<input type="checkbox"/>	4-oz ounce grilled or baked salmon
<input type="checkbox"/>	2 tilapia fillets
<input type="checkbox"/>	2 lb grass-fed extra-lean ground beef
<input type="checkbox"/>	7 small, lean pork loin chops
<input type="checkbox"/>	1 package lean, extra thick cut turkey bacon
<input type="checkbox"/>	2 boneless, skinless chicken breasts
FRESH HERBS & PRODUCE	
<input type="checkbox"/>	1 small bunch rosemary
<input type="checkbox"/>	1 small bunch basil
<input type="checkbox"/>	1 small bunch thyme
<input type="checkbox"/>	1 small bunch dill
<input type="checkbox"/>	1 small bunch cilantro
<input type="checkbox"/>	2 inch piece of ginger

FRESH HERBS & PRODUCE

- ☐ 3 medium avocados
- ☐ 2 bunches asparagus
- ☐ 1 small container mixed greens
- ☐ 1 small container baby spinach
- ☐ 1 small head boston lettuce
- ☐ 2 lbs brussel sprouts
- ☐ 2 heads broccoli
- ☐ 2 heads cauliflower
- ☐ 1 small red cabbage
- ☐ 1 english cucumber
- ☐ 1 stalk celery
- ☐ 5 red bell peppers
- ☐ 1 pint grape tomatoes
- ☐ 2 medium tomatoes
- ☐ 3 bunches of green onions
- ☐ 1 red onion
- ☐ 4 white or yellow onions
- ☐ 3 large bulbs garlic (~15 cloves)
- ☐ 1 large bunch kale
- ☐ 1 pint white mushrooms (~1 cup)
- ☐ 1 lime
- ☐ 3 lemons
- ☐ 4 medium zucchinis
- ☐ 1 pint raspberries (optional*)