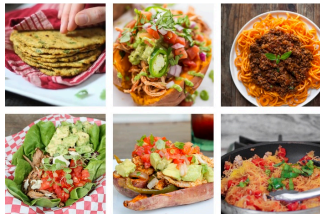


1 WEEK OF MEALS GROCERY LIST

ALL YOU NEED FOR 7 EASY DINNERS



MON: Mexican Stuffed Potatoes

TUE: Cauliflower Tacos

WED: Spaghetti Squash w/ Meat Sauce

THURS: Bolognese Over Sweet Potato Noodles

FRI: Chicken Fajita Sweet Potatoe Skins

SAT: Maple Glazed Salmon w/ Brown Rice & Corn on the Cob

SUN: Pork Carnita Bowls

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shopping list

PANTRY

- aalsa
- tomato paste
- brown rice
- maple syrup
- (2) 28 oz can diced tomatoes
- 10 oz can Rotel tomato w/ green chiles

SEASONINGS

- coconut sugar
- chili powder
- paprika
- crushed red pepper flakes
- dried oregano
- garlic powder
- Italian seasoning
- (2) taco seasoning packets
- cumin
- cinnamon
- allspice

DAIRY

- eggs
- Ghee or butter

PRODUCE

- 3 yellow onions
- 6 sweet potatoes (medium)
- 4 limes
- 6 avocados
- 2 jalapeños
- 1 head cauliflower
- 4 Roma tomatoes
- 2 lb spaghetti squash
- garlic
- rutabaga
- spiralized sweet potato noodles
- 1 orange
- 1 head Bibb lettuce
- 3 bell peppers (1 green/1red/1yellow)
- 4 ears corn
- fresh cilantro
- fresh basil

FISH/MEAT/POULTRY

- 3 boneless, skinless chicken breasts
- 2 lb pork tenderloin
- 1 lb ground turkey
- 2 lb ground beef
- 1 lb ground pork
- 1.5 lb salmon filets

STAPLES

- olive oil
- salt & pepper
- sherry or red wine vinegar
- balsamic vinegar