# Shopping List: Meal Plan - Week 2

## Meat & Fish
- 8 chicken breasts
- 21 eggs
- Bacon
- 1 lb ground beef
- 6 pork sausages
- 2 lbs boneless beef chuck roasts
- Beef jerky
- 4 1/4 lbs boneless pork shoulder
- 4 wild salmon fillets
- 2 cans tuna

## Vegetables
- 3 red onions + 6 yellow onions
- 1 celery stalk
- 3 cups grape tomatoes
- 7 sweet potatoes
- 10 bell peppers
- 1 rutabaga
- 6 carrots
- 2 parsnips
- 1 large head cauliflower
- 1 cup mushrooms
- 3 cups baby spinach
- 1 tomato
- 4 zucchinis
- 2 cans diced tomatoes
- Brussels sprouts
- 2 beets
- 1 head cabbage
- 3 avocados
- Salad greens

## Fruits
- 1 eggplant
- 1 lemon
- Fresh fruit
- 1/4 cups lemon juice
- Frozen berries

## Nuts
- 1 cup raw pistachios
- Handful nuts or trail mix

## Spices
- 15 cloves garlic
- 3/4 tsp garlic powder
- Paprika
- 2 red chilies
- 0.3 cups chili powder
- 2 tbsp smoked paprika
- 1/4 tsp ground cayenne pepper
- 2 green chilies
- Cumin
- 2 tsp ginger
- 2 tsp turmeric powder
- 1 tsp red chili powder
- Red chili paste

## Herbs
- Fresh chives
- 1 few sprigs of thyme

## Other
- Fresh parsley
- 1/2 tsp dried thyme
- 1 1/2 tsp dried oregano
- 1 tsp dill weed
- 1 tsp dried parsley
- Small bunch oregano leaves
- 1 tsp coriander powder
- 1 bunch basil
- Extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 tbsp Dijon or coarse grain mustard
- 2 tbsp tapioca starch
- Coconut oil
- 6 cups beef stock