










## Shopping List: Meal Plan - Week 2

 Meat & Fish	 Vegetables	 Herbs
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	1 eggplant <b data-bbox="573 304 1049 401">  Fruits           </b> 1 granny smith apple 1 lemon Fresh fruit 1/4 cups lemon juice Frozen berries <b data-bbox="573 695 1049 793">  Nuts           </b>	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 <b data-bbox="1052 695 1526 793">  Other           </b>
<b data-bbox="94 798 570 894">  Vegetables           </b> 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	1 cup raw pistachios Handful nuts or trail mix <b data-bbox="573 926 1049 1022">  Spices           </b> 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 <b data-bbox="573 1759 1049 1856">  Herbs           </b> Fresh chives 1 few sprigs of thyme	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