

# GROCERY LIST FOR WEEK THREE

## HEALTHY MEAL PLAN DINNERS

### Produce

- 1 large sweet potato
- 5 bell peppers
- 1 lemon
- 2 limes
- 10 cloves garlic
- 2 tbsp chopped cilantro
- 3 cups mushrooms
- 2 onions
- 1/4 cup green onions

### Dairy

- 1 egg
- 3/4 cup Greek yogurt plain

### Meat

- 12 oz cooked crab
- 6 chicken drumsticks
- 2 lbs. chuck roast, stew meat
- 1 1/2 pounds chicken breasts

### Packaged Foods/Spices

- 2 cups whole wheat egg noodles
- 14 oz can diced tomatoes
- 1 cup panko bread crumbs
- 1 tbsp rice flour or whole wheat flour
- 1/2 cup chicken broth, low sodium
- 2 cups beef broth, low sodium
- 3 tbsp coconut oil
- 2 tbsp olive oil
- 1 tbsp parsley
- 1 tsp creole seasoning
- 1 tsp pepper
- 1 tsp crushed red peppers
- 1 tsp cayenne pepper
- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp oregano
- 1 tsp cumin
- 2 tsp Italian seasoning
- 1 tbsp coconut aminos