

# GROCERY LIST FOR WEEK ONE

## HEALTHY MEAL PLAN DINNERS

### Produce

- 1 shallot
- 1 lb mushrooms
- 1.5 cups (2 bunches) asparagus
- 2 red onions
- 4 apricots or peaches
- 1/2 tbsp garlic
- 1 large orange
- 4 cups lettuce
- 2 tomatoes
- 1 avocado
- 2 cups celery
- 1 onion
- 6 carrots
- 4 stalks of celery
- 1 tbsp lemon juice
- 1 sprig rosemary
- 1 sprig sage

### Packaged Foods/Spices

- 1 1/2 cup brown rice, dry
- 1 cup black beans
- 1 cup corn, canned or frozen
- 1.5 cups whole grain pasta
- 64 ounces bone broth
- 1/2 tsp pepper
- 2 tbsp olive oil
- 1 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tsp poultry seasoning
- 2 Bay Leaves

### Dairy

- 1/4 cup parmesan cheese
- 1/4 cup Greek yogurt plain

### Meat

- 1 lb chicken thighs frozen
- 2 pounds chicken breasts
- 3 cups carne asada
- 1 whole turkey or chicken (keep carcass for stock)

Additional Ingredients Needed, if you'd rather not make your own:

- 1/4 cup enchilada sauce

Ingredients for this recipe:

- 20 red chili pods
- 1/4 cup white vinegar
- 1 tsp oregano
- 1/2 tsp all spice
- 1 tsp garlic powder
- 1 tsp onion powder