

## GROCERY LIST WEEK 2

### Fruits & Vegetables

- 10oz Mini bell peppers
- 1 medium onion
- 6 clove garlic
- 1 lemon
- 1 avocado
- 9 spring/green onions
- 400 grams (14 ounces) small potatoes
- 1-2 cups broccoli
- 1-inch piece fresh ginger

### Grains

- ½ cup rolled oats
- 4-6 slices of whole wheat bread
- 1 cup long-grain rice
- 8 oz penne/rotini pasta

### Dairy

- ½ cup cottage cheese (2% or 4% milk fat)
- 1 ¼ cup plain Greek yogurt
- 2 tbsp feta crumbles
- 2 tbsp parmesan
- ¼ cup almond milk
- 2 ½ cup shredded mozzarella
- ½ cup goat cheese
- 2 cups milk

### Protein

- 9 eggs
- 1 lb ground turkey breast
- 2 cod filets
- 500g ground beef
- 2 chicken breasts
- 1.5 lb skirt or flank steak

### Pre-packaged

- Applesauce (for serving)
- ½ cup + 2 tbsp breadcrumbs
- 3 ½ cups low sodium chicken broth
- ½ cup low-sodium beef broth
- ½ cup coconut aminos
- 1 tbsp rice vinegar
- 1 tsp fish sauce
- 1 tsp toasted sesame oil
- Olive/avocado oil

### Herbs/Spices/Baking Supplies

- Cinnamon
- Thyme
- Black pepper
- Oregano
- Salt
- Garlic powder
- Unsalted butter
- Paprika
- Parsley
- ¼ cup unbleached all-purpose flour
- 2 tbsp nutritional yeast (optional)
- 1 tbsp arrowroot starch
- 1 tbsp toasted sesame seeds (for serving – optional)