



WEEK 1

GROCERY LIST

5 FOR 5 MEAL PLAN

FRESH MEAT/POULTRY

Chicken Breasts, boneless, skinless—8.7 lbs
Eggs—6 ea

PRODUCE - FRUIT

Oranges—7 ea
Lemons—4 ea

PRODUCE - VEGGIES/MISC

Green Beans—26 oz
Garlic Bulbs—4 - 6 ea
Onion, yellow or white—4 ea
English Cucumber (large)—3 ea
Red Cabbage (small - med head)—1 ea
Yellow Squash (med)—6 ea
Carrots (med)—5 ea
Bell Peppers (med)—3 ea
Ginger Root—3.5 oz
Romaine Lettuce (large heads)—2 ea
Tomatoes (med)—8 ea
Avocado (large)—1 ea
White Miso Paste— .25 c

OILS/FATS

Avocado Oil—14 floz
Toasted Sesame Oil—5 floz

SEASONINGS/SPICES

Cumin, ground—3.5 tsp
Chili Powder (Aleppo, if possible)—7 tsp
Mint, dried—4.5 tsp
Smoked Paprika— .75 tsp
Garlic Powder— .5 tsp
Onion Powder— .5 tsp
Herbes de Provence—1 T
Everything Seasoning—4 tsp
Coriander, ground—2.5 tsp
Kosher Salt—1 c
Black Pepper— .25 c

SWEETENER

Honey—1.5 c

CONDIMENTS/VINEGAR/ETC

Soy Sauce— .33 c (~3 floz)
Rice Vinegar—10 floz
Chili Crisp—2 T
Red Wine Vinegar— .25 c

PANTRY ITEMS

Farro—5.25 c
Canned Chickpeas (15 oz)—4 ea
Cornstarch—2.5 T
Kalamata Olives—1.33 c
Tahini— .5 c
Wasabi-Soy Almonds— .75 c

JUICE

Orange Juice—35 floz
Lemon Juice—9.5 floz



**GRAIN
+
BOWL**



**CHICKEN
+
BLISTERED
GREEN
BEANS
+
FARRO**



**MEDI
TERRA
NEAN
SALAD
A LA
COBB**



**CHICKEN
+
STUFFED
TOMATO
+
CABBAGE**



**ORANGE
+
CHICKEN
+
STIR-FRY**