

#	Grocery Item	#	Other Groceries	X
Produce				
1,3, 6	1 Medium Onion, 1 Medim Onion, 1 small onion	4	1 cup sweet corn (can buy frozen or canned instead)	
2, 5	¼ bunch Cilantro	4, 5	1 lime, 1 lime	
2, 5	2 cloves Garlic, 3 cloves garlic	5	1 lemon	
2	4 green onions	5	tomato	
2	4 TB lime juice	6	Fruit for fruit salad (your choice!)	
2	Broccoli (side dish)			
3	Carrots (side Dish)			
4	2 cups butter lettuce			
4	2 cups arugula			
4	1 pint grape tomatoes			
4, 5	1 avocado, 1 avocado			
Canned/Bottled/Packaged				
1, 3	Gluten Free Buns, Gluten Free Buns	3	½ cup apple juice	
1	Mustard	3	1 ½ cup barbeque sauce	
1	Ketchup	5	Corn tortillas	
1, 2	Brown Sugar	5	Hot sauce	
1	GF Worchesershire	5	cumin	
2	8 oz pad thai rice noodles (in asian food section)	5	Can of black beans (side dish)	
2	14 oz bean sprouts (in asian food section)	5	Rice (side dish)	
2	½ cup peanuts			
2	3 TB coconut aminos (or soy sauce if not GF/SF)			
2	2 tsp fish sauce (in asian foods section)			
2	¼ tsp red pepper flakes			
2, 4	2 TB olive oil, 1 ½ tB olive oil			
Meats				
1	1 lb hamburger	5	1 lb chicken	
2	8 oz shrimp	6	1 lb pork sausage	
3	2 lb pork shoulder roast			
4	4 slices thick cut baon			
Frozen				
1	Green beans (side dish)			
6	4 cups frozen hashbrowns			
Dairy/Refrigerated				
2	2 eggs			
4	4 oz feta cheese, crumbled			
5	Orange juice			
5	Shredded cheese			
6	6 large eggs			
6	8 oz sour cream			
6	8 oz shredded sharp cheddar cheese			

6	¾ cup milk			