

## Produce

- 2 cloves garlic (5)
- 3 cloves garlic (3)
- 4 green onions (5)
- 4 TB lime juice (5)
- 2 TB lime juice (6)
- 2 TB lemon juice (6)
- 8 oz sliced mushrooms (2)
- 1 onion (2)
- 1 onion (3)
- 2 celery stalks (3)
- 2 carrot (3)
- Mixed Salad (3)
- cilantro, tomato, avocado (\*6- optional toppings)
- 4 cups lettuce (1,your choice)
- 1 pint grape tomatoes (1)
- 1 avocado (1)
- 1 lime (1)

## Meat/Fish

- 8 oz shrimp (5)
- 1 lb hamburger (2)
- 1 lb boneless chicken breast (3)
- .1 lb boneless chicken breast (6)
- 5 slices of bacon (3)
- 4 slices of bacon (1)

## Canned/ Packaged

- 8 oz pad thai rice noodles(5)
- 3 TB coconut aminos (5)
- 2 tsp fish sauce (5)
- 14 oz can bean sprouts (5)
- ½ cup peanuts (5)
- GF egg noodles or Rice (2)
- 1 bottle GF BBQ sauce (I like Stubbs brand!) (3)
- 1 package GF hamburger buns \*optional (3)
- GF Cornbread (3)
- Corn Tortillas (6)
- 4 cups chicken broth (3)
- Rice & Beans (6 \*optional side dish)
- 1 cup sweet corn (1)

### MISC:

## Spice/Staples

- 2 TB EVOO (5)
- 4 TB Brown sugar (5)
- ¼ tsp red pepper flakes (5)
- 1 TB dijon mustard (2)
- 2 cups beef stock (2)
- 1 bay leaf (3)

## Freezer

- 6 Frozen Veggies (sides for all meals)
- 2 packages cauliflower (3)

## Refrigerator

- 2 large eggs (5)
- 3 TB & 2 TB butter (2,3)
- ½ cup cream (2)
- 1 cup sour cream (2)
- 2 oz cream cheese (2)
- 1 package shredded cheddar cheese (6)
- Shredded cheddar cheese (\*3- optional toppings )
- 1 cup half and half (3)
- 4 oz crumbled feta (1)

## This week's Meal Plan

- 1** BLT Chop Salad
- 2** Crockpot Beef Stroganoff
- 3** Cauliflower Chowder
- 4** Crockpot BBQ Chicken
- 5** Shrimp Pad Thai
- 6** Cuban Chicken Tacos