

WJ Weekly Dinner Plan

GROCERY LIST

Produce:

- (2-3) Avocado
- (2) Tomatoes
- (2) Yellow Onion
- Arugula
- Bibb lettuce
- Cilantro
- Garlic
- Red Bell Pepper (used for salad and pizza casserole)
- Red onion (if using in salad)
- Spaghetti squash
- White Mushrooms
- Yellow Bell Pepper

Protein:

- 85/15 Ground beef
- Bacon
- (~8-10) Boneless, skinless, chicken thighs
- Deli Meat: Prosciutto
- Deli Meat: Turkey breast
- Eggs
- Ground pork
- Pepperoni, preferably Applegate

Isle goods:

- (2) cans Black olives
- Balsamic vinegar
- Coconut aminos
- Coconut oil
- Dijon mustard (read ingredients to ensure white wine not included is W30)
- Full fat coconut milk
- High quality mayo (if not making homemade)
- Light flavor olive oil
- Thai Kitchen red curry paste
- Tomato sauce

Spices: (check before purchasing)

- Cayenne pepper
- Chili powder
- Cocoa Powder
- Fennel seed
- Garlic powder
- Ground cumin
- Italian seasoning
- Onion powder
- Oregano
- Paprika
- Pepper
- Salt

Frozen:

- Fire roasted bell peppers

Grocery list in reference to:

<http://wholesome-joy.com/2018/08/21/wjs-weekly-dinner-plan-grocery-list>