Lexi's CLEAN KITCHEN

GLUTEN-FREE DAIRY-FREE PALEO-FRIENDLY

WEEKLY DINNER PLAN

WEEK 43

GROCERY LIST

ITEMS YOU PROBABLY HAVE:

- ○ GRASS-FED BUTTER
- ○ CINNAMON
- ○ GARLIC POWDER
- ○ ONION POWDER
- ○ 1 BAY LEAF
- ○ BLACK PEPPER
- ○ SEA SALT
- ○ DRIED BASIL
- ○ PAPRIKA
- ○ EXTRA-VIRGIN OLIVE OIL
- ○ RED PEPPER FLAKES
- ○ DRIED OREGANO
- ○ ITALIAN SEASONING

PRODUCE:

- ○ 1 HEAD GARLIC
- ○ 5 ONIONS
- ○ 1 SHALLOT
- ○ BASIL
- ○ THYME
- ○ 4 RUSSET POTATOES
- ○ SPINACH
- ○ 7 BELL PEPPERS
- ○ CREMINI MUSHROOMS
- ○ 1 SQUASH [ANY TYPE]
- ○ 1 SPAGHETTI SQUASH
- ○ 1 PUMPKIN

CANNED GOODS

- ○ ALMOND MILK
- ○ MAYONNAISE
- ○ 1 CAN DICED TOMATOES
- ○ ORGANIC CHICKEN BONE BROTH
- ○ 1 CAN PUMPKIN PUREE

MEAT, POULTRY, PORK, SEAFOOD, AND DAIRY:

- ○ PARMESAN CHEESE
- ○ PEPPERONI
- ○ 5 EGGS
- ○ MOZZARELLA CHEESE
- ○ 2 LBS. SKINLESS, BONELESS CHICKEN BREAST
- ○ 1 LB. GROUND TURKEY
- ○ 1 LB. GROUND TURKEY OR BEEF

MISC.

- ○ RED WINE