Lexi's CLEAN KITCHEN

GLUTEN-FREE · DAIRY-FREE · PALEO-FRIENDLY

WEEKLY DINNER PLAN

WEEK 51

GROCERY LIST

ITEMS YOU PROBABLY HAVE:

- ○ CURRY POWDER
- ○ DRIED THYME
- ○ RED PEPPER FLAKES
- ○ CUMIN
- ○ BLACK PEPPER
- ○ SEA SALT
- ○ 2 EGGS
- ○ CINNAMON
- ○ EXTRA-VIRGIN OLIVE OIL
- ○ GRASS-FED BUTTER
- ○ TURMERIC

PRODUCE:

- ○ 2 YELLOW ONIONS
- ○ 1 HEAD GARLIC
- ○ 2 SHALLOTS
- ○ BASIL
- ○ CILANTRO
- ○ SPINACH
- ○ BRUSSELS SPROUTS
- ○ PARSLEY
- ○ 2 RED BELL PEPPERS
- ○ DILL
- ○ 1 EGGPLANT
- ○ 1 RED ONION
- ○ 1 ZUCCHINI
- ○ 8 CREMINI OUNCES MUSHROOMS
- ○ CHERRY TOMATOES
- ○ 2 GREEN BELL PEPPERS
- ○ 1 BUTTERNUT SQUASH
- ○ 1 SWEET POTATO
- ○ 1 BAG CAULIFLOWER RICE
- ○ 1 LEMON

CANNED GOODS

- ○ 2-32 OUNCE CARTONS CHICKEN BROTH
- ○ 1/2 CUP FULL-FAT COCONUT MILK
- ○ 1/4 CUP UNSWEETENED APPLE SAUCE

MEAT, POULTRY, PORK, SEAFOOD, AND DAIRY:

- ○ 1 1/2 LB. BONELESS SKINLESS CHICKEN BREAST
- ○ OPTIONAL: 2 ORGANIC CHICKEN SAUSAGES
- ○ OPTIONAL: 4 PIECES NITRATE-FREE BACON

MISC.

- ○ ARROWROOT FLOUR
- ○ HUMMUS
- ○ ALMOND FLOUR
- ○ 1 CUP DRY MARSALA WINE
- ○ COCONUT PALM SUGAR
- ○ TAPIOCA FLOUR