

# Week 1 Dinner Plan Shopping List

- **Meats**
  - 10 Salmon Fillets
  - 1 1/2 lb. Ground Beef
  - 17 Chicken Breasts
- **Veggies**
  - 14 Large Cloves of Garlic minced
  - 2 white onions, chopped
  - 4 lemons
  - 1 Lime
  - 1 Cabbage Head
  - 5 cups Riced Cauliflower (about 1 medium head)
  - 4 Broccoli Heads
  - 1 medium Red Onion
  - 1 small Sweet Potato
  - 10 Miniature Bell Peppers
  - 2 cups Green Beans
  - 1 Cilantro bunch
  - 5-6 Roma tomatoes, diced
  - ¼ cup Fresh Parsley, chopped
  - 4 bunches Fresh basil
- **Pantry Items**
  - Extra Virgin Olive Oil
  - Balsamic Vinegar
  - Bone Broth
  - Marinara Sauce
  - Barilla Protein Plus Spaghetti
  - 1 (28-oz.) can Crushed Tomatoes
  - Flour
- Bread Crumbs or Pork Rinds
- Sugar
- Quinoa or Brown Rice
- **Dairy**
  - 3 cups Ricotta
  - Small Sour Cream
  - 2 sticks Butter
  - 2 Eggs, beaten
  - 5 cups Shredded Mozzarella
  - 1 small Mexican Blend Cheese pack
  - 1 lg container Parmesan cheese, grated
  - Small Half & Half
- **Spices**
  - Dried Dill
  - Dried Thyme
  - Dried Basil
  - Paprika
  - Italian Seasoning
  - Red Chili Pepper Flakes
  - Salt
  - Black Pepper
  - Chili Powder
  - Cayenne Pepper
  - Onion Powder
  - Garlic Powder
  - Cumin