

## Stick to the Plan! Meal Planning Masterclass

### Week 1 Grocery Shopping List

- ☐ 4 Pita bread
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/2 teaspoon Salt
- ☐ 1 tablespoon Vegetable oil
- ☐ 1 jar Kalamata olives
- ☐ 1/2 cup Sun-dried tomatoes
- ☐ 1/4 cup Tomato Paste
- ☐ 1/2 cup Vegetable broth
- ☐ 1/2 cup Greek salad dressing
- ☐ 1 tablespoon Sesame oil
- ☐ 1/4 cup Soy sauce
- ☐ 1/4 cup Butter
- ☐ 1 cup Feta cheese
- ☐ Parmesan
- ☐ 1/2 cup Cream
- ☐ 1/2 cup Chicken stock
- ☐ 1 tablespoon Sriracha
- ☐ 1 tablespoon White wine vinegar
- ☐ 4 Chicken breasts
- ☐ 1 pound Ground meat
- ☐ 2 3/4 pounds Shrimp
- ☐ 1/2 cup Banana peppers
- ☐ Chopped fresh basil
- ☐ 1/4 Green cabbage
- ☐ 1 cup Shredded carrot
- ☐ 1 Cucumber
- ☐ 13 clove Garlic
- ☐ 1 tablespoon Minced fresh ginger
- ☐ 2 cups Mixed greens
- ☐ 1 Lemon
- ☐ 3 tablespoons Lemon juice
- ☐ 1 Green onion
- ☐ 1/2 Onion
- ☐ 1 1/2 Red onion
- ☐ 1 Yellow onion
- ☐ 3 Bell peppers
- ☐ 1/2 Purple cabbage
- ☐ 7 Roma tomatoes
- ☐ 1 tablespoon Ground Coriander
- ☐ 2 tablespoons Smoked Paprika
- ☐ Parsley
- ☐ 1/4 teaspoon + 2 pinches Red pepper flakes
- ☐ 1/4 teaspoon White pepper
- ☐ 5 teaspoons Italian seasoning
- ☐ 1 tablespoon Sesame seeds
- ☐ Shrimp marinade
- ☐ 1 tablespoon Thyme

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### Week 2 Grocery Shopping List

- ☐ 1/4 cup Apple cider vinegar
- ☐ 5/8 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Salt
- ☐ Sea salt
- ☐ 1 can Black beans
- ☐ 2 tablespoons Butter
- ☐ 1/4 cup Parmesan cheese
- ☐ 3/4 cup Heavy whipping cream
- ☐ 2 tablespoons Chicken stock
- ☐ 1 box Pasta
- ☐ 1 1/2 cups Cooked Rice
- ☐ 1 1/4 pounds Boneless skinless chicken breasts
- ☐ 1 1/2 pounds Salmon
- ☐ 1 pound Shrimp
- ☐ 1/3 cup Fresh basil
- ☐ 1 Butternut squash
- ☐ 1 10 ounce pack Cherry tomatoes
- ☐ 1/2 cup Garlic
- ☐ 1 cup Grape tomatoes
- ☐ 3 tablespoons Lemon Juice
- ☐ 1 cup Mushrooms
- ☐ 1 Red onion
- ☐ 1 Yellow Onion
- ☐ 2 Bell Peppers
- ☐ 1 Green Bell Pepper
- ☐ 5 sprigs Fresh Rosemary
- ☐ 1 pack Fresh spinach
- ☐ 1/3 cup Sundried tomatoes
- ☐ 5 sprigs Fresh thyme
- ☐ 2 Bay leaves
- ☐ 1 teaspoon Dried Basil
- ☐ 1/2 teaspoon Cayenne pepper
- ☐ 4 1/2 teaspoons Chili powder
- ☐ 1/4 cup Cumin
- ☐ 10 1/2 teaspoons Garlic powder
- ☐ 1 tablespoon Onion powder
- ☐ 10 1/2 teaspoons Dried Oregano
- ☐ 10 1/2 teaspoons Smoked Paprika
- ☐ 2 tablespoons Black Pepper
- ☐ 1/2 teaspoon White pepper
- ☐ 1 1/2 teaspoons Rosemary
- ☐ 2 tablespoons Italian Seasoning Blend