

“LEFTOVERS” MEAL PLAN GROCERY LIST

VEGETABLES

- Kale/Leafy Greens
- Collard Greens
- Baby Bok Choy
- Watercress
- Sprouts
- Brussel Sprouts
- Radish
- Plum Tomatoes
- Zucchini
- Red & Napa Cabbage
- Grape Tomatoes
- Cherry Tomatoes
- Broccoli Florets
- Cauliflower Florets
- 4 Avocados
- Beets
- Shallot
- Red Onion
- White Onion
- Green Onion
- Yellow Onion
- Tomatillo
- Bell Peppers
- Hatch Green Chili Peppers
- Chili Red Pepper
- Jalapenos
- Carrots, Yellow & Orange
- Portabella Mushroom
- Green Beans
- Sweet Potatoes

FRUIT

- 2 Small Bananas
- 1 Mango
- Apples
- Limes and Lime Juice
- Lemons and Lemon Juice
- Oranges/Orange Juice
- Strawberries
- Blueberries
- Blackberries
- Raw Cranberries
- Pomegranate Seeds
- Raisins
- Dates

NUTS & SEEDS

- Slivered Almonds
- Walnuts
- Whole Hazelnuts
- Pine Nuts
- Sunflower Seeds
- Sesame Seeds
- Pumpkin Seeds
- Chia Seeds
- Flaxseed

GRAINS

- Gluten Free Bread
- Blue Corn Tortilla chips
- Quinoa (cooked & raw)
- Rice
- Lentils
- Pinto Beans
- Gold/Red Potatoes
- Organic Cannelloni Beans

HERBS

- Garlic
- Ginger
- Basil
- Cilantro
- Sage Leaves
- Rosemary Sprigs
- Fresh Thyme

MEAT & SEAFOOD

- 8 oz. Organic Chicken Breasts
- 3 cups Roasted Chicken
- 12 oz. Leftover Roasted Turkey
- 16 oz. lean ground turkey
- 1 lb. Ground Grass Fed Beef
- 4 oz. Pancetta
- 1.5 oz. uncured nitrate free bacon strips

DAIRY

- Almond Milk
- Coconut Milk
- Coconut Cream
- Butter
- Regular or Non Dairy Cream
- Cultured Plain Green Yogurt or Kefir Yogurt
- Shredded Cheese
- 6 oz. Artisan White Cheese
- Salsa Con Queso Cheese
- Paleo Sour Cream
- Parmesan Cheese (or Nutritional Yeast)

BAKING SUPPLIES

- Gluten Free All Purpose Flour
- Gluten Free Oat Flour
- Coconut Flour
- Peanut Flour
- Tapioca Flour
- Arrowroot Starch
- Vanilla Extract
- Sugar Substitute
- Gluten Free Pancake Mix
- Honey and/or Maple Syrup
- Coconut Sugar
- Baking Soda
- Baking Powder
- Dark Chocolate Chips
- Baking Chocolate
- Unsweetened Cocoa Powder
- Gluten Free Oats

PANTRY STAPLES

- Ground Ginger
- Ground Coriander
- Ground Cloves
- Ground Mustard
- Ground Cinnamon
- Nutmeg
- Garlic Powder
- Onion Powder

PANTRY STAPLES CONT.

- Sea Salt
- Black Pepper
- White Pepper
- Cayenne Pepper
- Red Pepper Flakes
- Paprika
- Chili
- Oregano
- Turmeric
- Cumin
- Curry Powder
- Organic Ranch Seasoning Mix
- Olive Oil
- Coconut Oil
- Avocado Oil
- Sesame Oil
- Rice Wine Vinegar
- Balsamic Vinegar
- Rice Wine Vinegar
- Apple Cider Vinegar
- Paleo Mayo
- Protein Powder/Vanilla Plant Protein
- Unsweetened Coconut Flakes
- Tamari Sauce
- Chili Paste or Sriracha
- BBQ Rub
- Sweet BBQ Sauce
- Tomato Sauce
- Fire Roasted Salsa
- Almond Butter
- Nut Free Butter
- Green Chilies
- Veggie or Chicken Broth
- Black Olives
- Pumpkin Puree
- White Miso Paste
- Crushed Tomatoes
- Petit Diced Tomatoes
- Organic Blackberry Jam

#CotterCrunch