Each week, we’ll add to this grocery list. If applicable, circle which variety you need (e.g., circle yellow for yellow onions, rosemary if you need rosemary). Next to each item, enter the quantity you need (if you need it at all today) so you’ll know what to get. Use the extra blanks to add other items needed.

| **Produce** | **Quantity** |
| --- | --- |
| Broccoli |  |
| Cauliflower |  |
| Carrots |  |
| Onions (red/yellow/white) |  |
| Garlic |  |
| Lemon |  |
| Lime |  |
| Potatoes (sweet/white) |  |
| Fajita Mix |  |
| Avocados |  |
| Pre-made Guac |  |
|  |  |

| **Herbs & Salad Greens** |
| --- |
| Herbs - Poultry Mix, Rosemary, Thyme, Sage, Dill |  |
| Kale |  |
| Spinach |  |
| Cilantro |  |
|  |  |

| **Meat** | **Quantity** |
| --- | --- |
| Pastured Chicken (whole, breasts, thighs) |  |
| Grassfed Ground Beef |  |
| Wild Salmon |  |
|  |  |

| **Dry Herbs** | **Quantity** |
| --- | --- |
| Italian Seasoning |  |
| Poultry Seasoning |  |
| Rosemary, Thyme, Sage |  |
| Sea Salt/Pepper |  |
| Garlic Powder |  |
|  |  |

| **Oils/Vinegar** | **Quantity** |
| --- | --- |
| Bragg’s Apple Cider Vinegar |  |
| Organic Extra Virgin Coconut Oil |  |
| Extra Virgin Olive Oil  |  |

| **Eggs, Milk, Dairy Aisle** | **Quantity** |
| --- | --- |
| Brown Rice/Corn Tortillas |  |
|  |  |
|  |  |
|  |  |

| **Misc.** | **Quantity** |
| --- | --- |
| Organic Salsa |  |
|  |  |
|  |  |