

WEEK 4



Shopping List

Brunch: Jamika's Thai Peanut Salad With Chicken

Brunch: Shrimp Bean Quinoa Bowl

Dinner: Daphne's Stuffed Peppers

Dinner: Mediterranean Meatball Bowl

Snack: Caprese Skewers

Dessert: Low-carb PB&J bites

CANNED GOODS

- 1 15.5-oz can chickpeas
- 2 15.5-oz can black beans

MEAT/DAIRY

- 1 cup shredded chicken
- 1 lb shrimp
- 1.5 lb ground turkey
- 1/2 cup grated cheese (like gruyere or mozzarella)
- Greek yogurt
- 1 egg
- 1/4 cup crumbled feta
- Log of mozzarella

PRODUCE

- 1 bag shredded cabbage and carrot mix
- 3 scallions
- 3/4 cup cilantro leaves
- 1-inch piece of fresh ginger
- 1/2 cup edamame
- 1 fresno or jalapeno pepper
- 4 limes
- 3 cloves of garlic
- 1 red onion
- 1 avocado (optional: 1 more)
- 1 pt cherry tomatoes
- 3 poblano peppers
- Fresh salsa, optional
- 1/4 cup parsley leaves

- 1 lemon
- 1 bag baby carrots
- 1 cup arugula
- Bunch of vine tomatoes
- Bunch of basil
- 1 bunch of bananas
- 1 container of strawberries
- 1-2 cups mixed veggies (fresh, frozen, or leftover)

PANTRY

- Small jar of peanut butter (smooth or chunky)
- 3 tbsp tamari
- 4 tbsp rice wine vinegar or apple cider vinegar
- 2 tsp chili powder
- 8 tbsp olive oil
- Kosher salt
- Black pepper
- 1.5 tsp cumin
- 1/2 tsp ground coriander
- 1 tsp paprika
- 4 cups quinoa
- 1/4 cup pitted green olives
- 1/2 cup almond meal
- Package of 8-inch skewers