



**SUGAR BALANCE**

# **SHOPPING LIST**

## **WEEK 1**

**A COMPLETE LIST OF THE  
INGREDIENTS YOU'LL NEED FOR  
THE MEAL PLAN PRECIPES**

# WEEK 1 SHOPPING LIST

The shopping list below details the ingredients needed to make the breakfast, lunch and dinner meals listed in the Sugar Balance Program Week 1. **Serving size for listed ingredients: 1 person**

\*Adjust quantities by multiplying by number of people for the week if you are planning on having your family eating the same meal plan.

PANTRY ITEMS	
<input type="checkbox"/>	1-5 oz. of light tuna

CONDIMENTS/OILS	
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	White wine vinegar
<input type="checkbox"/>	Soy sauce
<input type="checkbox"/>	Olive oil (or other healthy oil like avocado oil, coconut oil)

HERBS/SEASONINGS	
<input type="checkbox"/>	Dried parsley
<input type="checkbox"/>	Dried oregano
<input type="checkbox"/>	Dried thyme
<input type="checkbox"/>	Dried basil
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Curry powder

<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Sea Salt
<input type="checkbox"/>	Pepper

EGGS, MEAT, FISH & POULTRY	
<input type="checkbox"/>	8 large eggs (preferably organic)
<input type="checkbox"/>	1 cod fillet
<input type="checkbox"/>	1-2 salmon filet (preferably wild, ocean caught)
<input type="checkbox"/>	300g lean ground beef (95% lean)
<input type="checkbox"/>	350g lean strip steak (preferably grass-fed)
<input type="checkbox"/>	300g uncooked shrimp
<input type="checkbox"/>	2-3 (~300g) extra lean chicken breast
<input type="checkbox"/>	250g extra lean ground turkey breast

☐ 100g leg of lamb (fat trimmed off )

☐ 2 pork chop

### FRESH HERBS & PRODUCE

☐ 1 bunch fresh oregano

☐ 1 bunch fresh parsley

☐ 1 bunch of green onions

☐ 1 bunch dill weed

☐ 1 bunch fresh basil

☐ 1 bunch fresh chives

☐ 3 yellow or white onions

☐ 2 heads of garlic (~10 cloves)

☐ 1 lemon

☐ 4 large tomatoes

☐ 2 pints cherry tomatoes

☐ 2 bunch asparagus

☐ 5 large red peppers

☐ 8 large zucchinis

☐ 4 large cucumber

☐ 4 small cauliflower

☐ 2 large heads of broccoli

☐ 5 cups spinach

☐ 6-8 stalks of bok choy

☐ 1 cup brussel sprouts

☐ 1 bunch of iceberg or romaine lettuce