



SUGAR BALANCE

SHOPPING LIST

WEEK 11

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

WEEK 11

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 11. **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"/>	1/2 cup chicken stock
<input type="checkbox"/>	1/8 cup tomato sauce
<input type="checkbox"/>	1 tbsp tablespoons slivered almonds
<input type="checkbox"/>	1/4 cup peanuts
<input type="checkbox"/>	1/2 cup roasted cashew nuts
<input type="checkbox"/>	2 tsp natural peanut butter
CONDIMENTS/OILS	
<input type="checkbox"/>	Natural mayonnaise
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	Dijon mustard
<input type="checkbox"/>	White wine vinegar
<input type="checkbox"/>	Stevia (liquid or pourable powder variety)
<input type="checkbox"/>	Olive oil (or other healthy oil like avocado oil, coconut oil)
<input type="checkbox"/>	Sesame oil
<input type="checkbox"/>	Soy sauce
HERBS/SEASONINGS	
<input type="checkbox"/>	Dried oregano
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Onion powder
<input type="checkbox"/>	Cumin

<input type="checkbox"/>	Coriander
<input type="checkbox"/>	Turmeric
<input type="checkbox"/>	Red pepper flakes
<input type="checkbox"/>	Ground ginger
<input type="checkbox"/>	Curry powder
<input type="checkbox"/>	Ground cloves
<input type="checkbox"/>	Arrowroot powder (or cornstarch)
<input type="checkbox"/>	Sea salt
<input type="checkbox"/>	Black pepper
EGGS, MEAT & POULTRY	
<input type="checkbox"/>	15 eggs (preferably organic, large)
<input type="checkbox"/>	2 large salmon fillets (4-oz each)
<input type="checkbox"/>	1 cup raw peeled prawns/shrimp
<input type="checkbox"/>	4 lean pork loin chops (4 oz each, bone out)
<input type="checkbox"/>	1/2 lb grass-fed extra-lean ground beef
<input type="checkbox"/>	1 lb ground turkey
<input type="checkbox"/>	1 package center-cut turkey bacon, diced
<input type="checkbox"/>	4 oz steak of choice, preferably grass-fed
<input type="checkbox"/>	5 lean chicken breasts (about 4 oz each)
FRESH HERBS & PRODUCE	
<input type="checkbox"/>	1 small bunch cilantro

FRESH HERBS & PRODUCE

- ☐ 1 small bunch basil
- ☐ 1 large bunch parsley
- ☐ 1 small bunch mint
- ☐ 1 small bunch of rosemary (optional)
- ☐ 2 thyme sprigs
- ☐ 2 inch piece fresh ginger
- ☐ 4 avocados
- ☐ 2 bunches asparagus
- ☐ 2 large heads broccoli
- ☐ 4 cups brussels sprouts
- ☐ 1 small container baby spinach
- ☐ 2 large heads cauliflower
- ☐ 1 english cucumber
- ☐ 2 large portobello mushrooms
- ☐ 1 head romaine lettuce
- ☐ 1 long red chili
- ☐ 2 red bell peppers
- ☐ 2 tomato
- ☐ 1 bunch green onions
- ☐ 1 small red onion
- ☐ 5 large onions (yellow or white)
- ☐ 3 large bulbs garlic (~16 cloves)
- ☐ 1 large bunch kale
- ☐ 1 lime
- ☐ 3 medium lemons
- ☐ 4 medium zucchinis
- ☐ 1 pint raspberries (optional*)