



SUGAR BALANCE

SHOPPING LIST

WEEK 3

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

WEEK 3

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 3. **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"/>	1/4 cup panko or regular bread crumbs
<input type="checkbox"/>	1 cup low sodium chicken stock
<input type="checkbox"/>	1 can (2oz) anchovy fillets or 2 tsp anchovy paste
<input type="checkbox"/>	1 jar (25 oz) jar marinara (no added sugar or oil)
<input type="checkbox"/>	1 can (14.5 oz) fire roasted tomatoes
<input type="checkbox"/>	¼ cup peanuts
<input type="checkbox"/>	⅓ cup walnuts
CONDIMENTS/OILS	
<input type="checkbox"/>	Soy sauce
<input type="checkbox"/>	Natural mayonnaise
<input type="checkbox"/>	Dijon mustard
<input type="checkbox"/>	Natural, unsweetened peanut butter
<input type="checkbox"/>	Stevia
<input type="checkbox"/>	Olive oil
<input type="checkbox"/>	Sesame oil
HERBS/SEASONINGS	
<input type="checkbox"/>	Dried basil
<input type="checkbox"/>	Dried oregano
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Cumin

<input type="checkbox"/>	Coriander
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Red pepper flakes
<input type="checkbox"/>	Cayenne pepper (optional)
<input type="checkbox"/>	Italian seasoning
<input type="checkbox"/>	Sea Salt
<input type="checkbox"/>	Pepper
EGGS, MEAT & POULTRY	
<input type="checkbox"/>	8 large eggs
<input type="checkbox"/>	8 ounces steak of choice cut into 1 inch squares
<input type="checkbox"/>	10 oz (280g) smoked chicken sausage, sliced
<input type="checkbox"/>	4 large chicken breasts
<input type="checkbox"/>	1 cup chopped turkey, cooked (light or dark meat)
<input type="checkbox"/>	2 lean pork chops (bone out)
<input type="checkbox"/>	2 large (about 6oz) salmon fillets
<input type="checkbox"/>	1 lb lean ground turkey
<input type="checkbox"/>	½ pound ground beef
FRESH HERBS & PRODUCE	
<input type="checkbox"/>	1 large bunch basil
<input type="checkbox"/>	1 small bunch parsley
<input type="checkbox"/>	1 small bunch mint

FRESH HERBS & PRODUCE

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| <input type="checkbox"/> 1 small bunch green onion |
| <input type="checkbox"/> 1 inch piece of fresh ginger |
| <input type="checkbox"/> 5 yellow or white onions |
| <input type="checkbox"/> 2 heads of garlic (~12 cloves) |
| <input type="checkbox"/> 3 medium lemons |
| <input type="checkbox"/> 3 tomatoes |
| <input type="checkbox"/> 2 pints grape tomatoes |
| <input type="checkbox"/> 1 bunch asparagus |
| <input type="checkbox"/> 2 red bell peppers |
| <input type="checkbox"/> 1 yellow bell pepper |
| <input type="checkbox"/> 5 zucchinis |
| <input type="checkbox"/> 2 large avocados |
| <input type="checkbox"/> 1 large head broccoli |
| <input type="checkbox"/> 6 heads baby bok choy |
| <input type="checkbox"/> 1 large head cauliflower |
| <input type="checkbox"/> 1 medium fennel bulb |
| <input type="checkbox"/> 8 oz button mushrooms |
| <input type="checkbox"/> 4 large portobello mushroom caps |
| <input type="checkbox"/> 1 head romaine lettuce |
| <input type="checkbox"/> 1 small container baby spinach |