

Week 4 Shopping List

- Bushel of bananas
- 5-6 tilapia filets
- cashews and almonds (if you have run out them since last week's shopping list)
- Dozen eggs
- lemon juice (if you haven't bought a big bottle)
- 1 lb shrimp
- 2-3 sweet potatoes (big enough to make "buns")
- 3-4 regular potatoes
- onions (if you have run out)
- 1 lb sausage (I use applegate for this week because I have 1 lb of it sitting in my freezer from buying 3 lbs during week 2)
- bunch of asparagus
- 3 apples
- deli meat (compliant!)
- 2 lb chicken breasts
- Bag of mini peppers
- romaine lettuce
- 2-3 lb ground beef
- 2 lb beef chuck (or stew meat)
- bag of carrots (if you ran out)
- beef stock (at least 2 cups, which is one can)
- veggies and fruits of your choice for meals!

Again, these shopping lists are based off the recipes I decided to half because they make so much. Also I didn't put everything you will need because some recipes call for things I put on the week 1 shopping list that you should still have. Like Dijon mustard, almond butter etc.