

Week 3 Shopping List

- Bushel of bananas
- 5-6 tilapia filets
- cashews and almonds (if you have run out them since the first shopping list)
- Dozen eggs
- 3-4 sweet potatoes
- onions (if you have run out)
- 1 lb sausage (I use applegate for this week because I have 2 lbs of it sitting in my freezer from buying it for week 2)
- 3 apples
- 2 lb chicken breasts
- Bag of mini peppers
- 4-5 big bell peppers (for stuffed peppers, choose what color you want. I usually do red)
- Broccoli slaw
- romaine lettuce
- 4 lb ground beef
- 3 cans diced tomatoes
- celery
- jar of spaghetti sauce
- cauliflower (head of it or a bag of florets)
- 2 lb pork roast
- 1 can tomato sauce
- 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!
- 1 Bunch of cilantro
- 1 bundle of green onions

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.