

SAMPLE SHOPPING LIST FOR WEEK

PRODUCE SECTION	
2+2	zuchini
3 color+3	bell peppers
4	onions
1	mixed greens
7	avocadoes
5	tomato
1	spinach
1	broccoli
2	cabbage
pkg	carrots
2	cauliflower
2	kale/turnip/collard
1	squash

DAIRY SECTION	
2 dozen	eggs

OTHER SECTIONS	
5	coconut milk
	olive oil
	vinegar cider
2	chicken broth

MEAT SECTION	
1 pkg	chicken breast (central market), veg feed
1 pkg	chicken tender (central market), veg feed
5	sardines
2 pkg	beef chili/bison (grass fed)
1 pkg	sausage
1 pkg	salmon