

Quarantine 14 Day Meal Plan Shopping List

UnboundWellness.com

(feel free to combine the shopping lists for one shopping trip if necessary)

Week 1

<p>Fruits</p> <ul style="list-style-type: none">1 Apple2 Avocados1 lemon1 lime <p>Vegetables</p> <ul style="list-style-type: none">6 cups Broccoli Florets2-3 Carrots1 bunch Celery1 head Garlic1 head Green CabbageGreen Onion1 Medium Cauliflower1 Medium Spaghetti Squash1/2 Medium White Onion1 Red Onion2 cups Shiitake Mushrooms1 Small Zucchini3 cups Spinach1 Sweet Potato1 Thumb GingerParsleyCilantro <p>Spices</p> <ul style="list-style-type: none">Black Pepper (omit for AIP)Chili Powder (omit for AIP)Cumin (omit for AIP)Horseradish powderSaltNutritional YeastGarlic Powder	<p>Meat</p> <ul style="list-style-type: none">2 lbs Chicken Breast2 lbs Ground Beef1 1/2 lbs Ribeye Steak <p>Condiments & Oils</p> <ul style="list-style-type: none">Apple Cider VinegarAvocado OilCoconut AminosFish Sauce <p>Pantry</p> <ul style="list-style-type: none">12 oz Canned Crab Meat1 can Tuna1 Bag Plantain ChipsBeef Broth1 can diced Tomato (sub tomato sauce for AIP)Chicken Broth1 can coconut Milk1 can coconut cream7 oz s Sweet Potato Noodles2 tbsps Tomato Paste (omit for AIP)Arrowroot StarchCoconut FlourCoconut SugarTapioca Starch
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Week 2

Fruits

1 Apple
1 lemon
1 lime
avocado

Vegetables

2 yellow onions
1 white onion
Jalapeno (omit for AIP)
Celery (use leftovers from last week if possible)
2 medium acorn squashes (sub other squash like
delicata or butternut)
2 sweet potatoes
(plus 1 more for optional sides)
1 bag of spinach
2 cups mushrooms
4 zucchinis
1-2 bags frozen cauliflower rice
(optional for sides)
Cilantro
1-2 heads of garlic
Green onion

Herbs & Spices

Black Pepper (omit for AIP)
Salt
Rosemary
Sage
Parsley
Oregano
Cumin (omit for AIP)
Basil
Garlic powder
Onion powder
Nutritional yeast
Thyme
Bay leaves

Meat

1 lb ground pork (sub turkey)
1 ½ lb chicken thighs and drumsticks
1 lb ground chicken (sub turkey)
1 lb chicken breast
2 lbs ground beef
1 lb shrimp (can buy frozen)

Condiments & Oils

Apple Cider Vinegar
Avocado Oil
Coconut Aminos
Sundried tomatoes (omit for AIP)

Pantry

Dried cranberries
Coconut flour
Coconut sugar
Arrowroot starch
1 can coconut milk
Chicken broth
Beef broth
1 can fire roasted tomatoes
(sub tomato sauce for AIP)