

PREP ONCE, EAT ALL WEEK

GROCERY SHOPPING LIST

BREAD/BAKERY

8 pita or naan bread

1lb pizza dough

CANNED/JARRED GOODIES

13.5 oz Fig marmalade (I like Fischer & Wieser Whole Lemon Fig Marmalade)

2 cans black beans (14 oz)

1 can chipotle peppers in adobo sauce

Olive Oil

PRODUCE

2 limes

2 avocados

3 red onions

1 seedless cucumber

12 oz cherry tomatoes

8 oz dried figs



SPICES

Chili powder

Cumin

Dried basil

Dried parsley

Dried oregano

Fresh rosemary

Garlic powder

Onion powder

Paprika

Salt

DAIRY

8 oz tzatziki

10 oz manchego cheese

GRAINS

White rice

MEAT

9 lb boneless pork shoulder
butt roast

BEVERAGES

12 fl. oz. Belgian white beer