

Grocery List for the 5-Day Apple Meal Plan

Produce

- Apples Gala – 26
- Apples Honeycrisp – 10
- Apples McIntosh – 10
- Apples Crispin – 4
- Apples Empire – 8
- Apples Red Delicious – 2
- Apples Red Prince – 2
- Butternut Squash – 2
- Cauliflower
- Carrots
- Acorn Squash
- Sweet Potatoes – 3
- Cooking Onions – 6
- Red Onion – 1
- Garlic
- Shallots – 4
- Sage Leaves
- Chives
- Parsley
- Cilantro
- Fresh Ginger
- Brussel Sprouts - 2 lbs
- Fennel Bulb
- Spinach – 2 Small or 1 Large
- Clamshell
- Raddichio
- Avocados – 2
- Mushrooms – 1 lb
- Lemons – 4
- Limes – 2
- Blueberries – 1 pint

Protein

- Sliced Deli Smoked Turkey Breast – 8 slices
- Bacon - 2 packs
- 10 – 12lb fresh turkey
- Italian Sausages – 500g
- Pork Tenderloin – Large
- Veal Cutlets – 1 lb

Bread

- Italian Ciabetta Loaf
- Whole Grain Sliced Bread

Dairy

- Milk – 3L
- Buttermilk
- Cream Cheese – 3 blocks
- Cheddar Cheese – Shredded
- Cheddar Cheese - Sliced – 4 slices
- Butter – 2 x 454g
- Eggs – 2 dozen
- Grated Parmesan Cheese – 1 cup
- Plain Yogurt

Frozen

- Cranberries
- Puff Pastry Sheets – 1 package

Seasonings

- Nutmeg
- Dried Rosemary
- Dried Sage
- Fennel Seeds
- Cinnamon
- Curry Powder
- Cumin
- Cardamon Pods
- Turmeric
- Garlic Powder
- Bay Leaves
- Salt
- Pepper
- Worcestershire Sauce
- Soy Sauce
- Vanilla Extract
- White Miso Paste

Grains, seeds and nuts

- Steel Cut Oats
- Rolled Oats
- Wheat Berries – ½ cup
- Pecans – 1 cup
- Walnuts – 3/4 cup

Shelf stable and extras

- Maple Syrup
- Honey
- Vegetable Broth - 1 tetra
- Chicken Broth - 2 tetras
- Coconut Milk Canned
- Crackers of your choice
- Gravy – canned or jarred
- Unbleached Flour
- Whole Wheat Flour
- Spelt Flour
- Ground Flaxseed Meal
- Oat Bran Cereal
- Wild Rice – 1 cup
- Basmati Rice
- Noodles – 350 g
- Granulated Sugar
- Brown Sugar
- Baking Powder
- Baking Soda
- Corn Starch
- Dijon Mustard
- Sauerkraut – Jar
- Lima Beans – Canned
- Apple Cider Vinegar
- Rice Wine Vinegar
- Applesauce – Jar
- Breadcrumbs
- Olive Oil
- Vegetable or Canola Oil
- Sesame Oil