

Shopping List Candida 30 Day Freezer Meal Plan Week 4

***Items needed for the detox days are not listed*

Need	<i>Meats</i>	Meal:
<input type="checkbox"/>	½ lb. boneless, skinless Chicken breast tenders	2
<input type="checkbox"/>	2 small boneless, skinless breasts	10,14
<input type="checkbox"/>	¾ lb. large peeled & deveined raw Shrimp	6
<input type="checkbox"/>		

Need	<i>Herbs & Spices**</i>	Meal:
<input type="checkbox"/>	Cayenne	
<input type="checkbox"/>	Chili Powder	
<input type="checkbox"/>	Crushed Red Pepper Flakes	
<input type="checkbox"/>	Parsley flakes	
<input type="checkbox"/>	Smoked Paprika	
<input type="checkbox"/>	Turmeric	
<input type="checkbox"/>		

Need	<i>Baking / Bulk Items</i>	Meal:
<input type="checkbox"/>	¼ cup raw sliced Almonds	1,2
<input type="checkbox"/>	½ cup raw Almonds whole	12
<input type="checkbox"/>	¼ cup unsweetened flaked Coconut	20
<input type="checkbox"/>		

Need	<i>Produce</i>	Meal:
<input type="checkbox"/>	1 medium Carrot	7
<input type="checkbox"/>	½ cup Spinach	17
<input type="checkbox"/>	1 Red bell pepper	10,15
<input type="checkbox"/>	1 crown Broccoli	18
<input type="checkbox"/>	½ lb. Asparagus	10
<input type="checkbox"/>	1 small bunch Cilantro	2,14,15
<input type="checkbox"/>	½-inch piece Gingerroot	2

<input type="checkbox"/>	1 green onion	2
<input type="checkbox"/>	1 small Onion	14
<input type="checkbox"/>	1 small Shallot	6
<input type="checkbox"/>	1 small Red onion	7
<input type="checkbox"/>	3 small Sweet Potatoes/Yams	6,23
<input type="checkbox"/>	1 small carton Grape or Cherry tomatoes	7,15
<input type="checkbox"/>	1 Avocado	15,17
<input type="checkbox"/>	2 large Lemons	6,10,18
<input type="checkbox"/>	4 Limes	2,14,15
<input type="checkbox"/>	1 cup Blueberries	1
<input type="checkbox"/>	¼ cup fresh or frozen Raspberries	8
<input type="checkbox"/>	1 cup Strawberries	13
<input type="checkbox"/>	1 Banana	17
<input type="checkbox"/>	2 mandarin oranges/clementines or 1 small can in its own juice	9
<input type="checkbox"/>		

Need	<i>Canned Goods</i>	Meal:
<input type="checkbox"/>	1 (14 oz.) can Artichoke hearts	6
<input type="checkbox"/>		

Need	<i>Other</i>	Meal:
<input type="checkbox"/>	3 Eggs	4,10
<input type="checkbox"/>	3 Tablespoons Butter	10,14,23
<input type="checkbox"/>	2 ¾ cup plain unsweetened Greek yogurt	1,9,20
<input type="checkbox"/>	1 cup Mozzarella Almond Cheese (optional)	10
<input type="checkbox"/>	4 oz. brown rice spaghetti noodles	18
<input type="checkbox"/>	Fish Sauce	14

<input type="checkbox"/>	Thai Kitchen Red Curry Paste	14
<input type="checkbox"/>	Wooden skewers	2

Notes:

*****Fresh herbs spices are always best, however if they are not available, they can be substituted with freeze-dried or recently purchased dried herbs and spices.***

2 ¼ cups of chicken or vegetable stock is needed this week. You can purchase Candida program friendly stock or add ingredients to [prepare the stock at home](#).