

Shopping List Candida 45 Day Freezer Meal Plan Week 5

Need	<i>Meats</i>	Meal:
<input type="checkbox"/>	2 lbs. boneless, skinless chicken breasts	2,22
<input type="checkbox"/>	¾ lb. raw peeled & deveined Shrimp	26
<input type="checkbox"/>	2 – 6 ounce Halibut fillets	10
<input type="checkbox"/>		

Need	<i>Herbs & Spices**</i>	Meal:
<input type="checkbox"/>	Cayenne	
<input type="checkbox"/>	Cinnamon	
<input type="checkbox"/>	Chili Powder	
<input type="checkbox"/>	Cumin	
<input type="checkbox"/>	Curry Powder	
<input type="checkbox"/>	Ground Mustard	
<input type="checkbox"/>	Oregano	
<input type="checkbox"/>	Parsley	
<input type="checkbox"/>	Poppy Seeds	
<input type="checkbox"/>	Red Pepper Flakes	
<input type="checkbox"/>	Sage	
<input type="checkbox"/>	Thyme	
<input type="checkbox"/>		

Need	<i>Baking / Bulk</i>	Meal:
<input type="checkbox"/>	6 Tablespoons Pine nuts	14,27
<input type="checkbox"/>	3/8 cup dried Garbanzo beans	4
<input type="checkbox"/>	½ cup sliced Almonds	17,18,21,22
<input type="checkbox"/>		

Need	<i>Produce</i>	Meal:
<input type="checkbox"/>	3 large Carrots	2,26
<input type="checkbox"/>	2 Celery stalks	7
<input type="checkbox"/>	2 cups Spinach	18
<input type="checkbox"/>	1 small bunch Kale	18,27

<input type="checkbox"/>	1 large English cucumber	18
<input type="checkbox"/>	1 Red bell pepper	4,10,13
<input type="checkbox"/>	1 Green bell pepper	4,6
<input type="checkbox"/>	8 oz. bag Broccoli slaw	2
<input type="checkbox"/>	1 lb. Asparagus	14
<input type="checkbox"/>	1 large bunch Cilantro	2,10,20,22
<input type="checkbox"/>	1 bunch green onions	2,10,22
<input type="checkbox"/>	1 small Spaghetti squash	6,14
<input type="checkbox"/>	2 Onions	6,13,14,18,27
<input type="checkbox"/>	1 large Shallot	14,26
<input type="checkbox"/>	½-inch piece Ginger	22
<input type="checkbox"/>	2 tomatoes	14,18
<input type="checkbox"/>	1 Roma tomato	20
<input type="checkbox"/>	1 pint Grape tomatoes	6,27
<input type="checkbox"/>	1 large Russet potato	13,18
<input type="checkbox"/>	1 Yam	26
<input type="checkbox"/>	1 Avocado	13,20
<input type="checkbox"/>	4 Lemons	1,4,6,18,20,26
<input type="checkbox"/>	4 Limes	2,10,22
<input type="checkbox"/>	1 small bulb garlic	2,4,10,22,26
<input type="checkbox"/>	½ cup Blueberries	21
<input type="checkbox"/>	1 small Pear	15
<input type="checkbox"/>	5 Apples	1
<input type="checkbox"/>	½ cup fresh or frozen Peaches	17
<input type="checkbox"/>	¼ cup frozen Raspberries	28
<input type="checkbox"/>		

Need	<i>Canned Goods</i>	Meal:
<input type="checkbox"/>	¾ cup Coconut milk (check freezer or purchase 1-13.5 oz. can)	22,25
<input type="checkbox"/>	1 14pz. can Black beans	10,20

<input type="checkbox"/>	1 14oz. can Artichoke hearts	26
<input type="checkbox"/>		

Need	<i>Other</i>	Meal:
<input type="checkbox"/>	9 Eggs	6,12,13,18,24
<input type="checkbox"/>	18 oz. plain Greek yogurt	15,21,28
<input type="checkbox"/>	1 Tbsp. Butter	10
<input type="checkbox"/>	2 Tbsp. Fish Sauce	2
<input type="checkbox"/>		

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.***

3 ½ 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](#).