

High Protein, High Fiber, High Flavor Shopping List

Shopping List

1 lb dried chickpeas (or 58 oz canned)
1-2 pork tenderloins
2 avocados
2 limes
2-3 smoked ham hocks
Berries
Black beans
Dark chocolate bar
Dry, white wine
Eggs
Greens (spinach or other)
Kale (large bunch)
Minced garlic
Pepperoni
Potatoes
Rice
Sweet potato
Thick cut bacon
Veggies (lettuce, spinach, tomatoes, etc)
Whipped cream

Pantry List

2 pie crusts*
Balsamic vinegar
Black pepper
Bread crumbs
Brown sugar
Chicken stock
Chili powder
Chipotle chili powder
Cumin
Flour
Granulated garlic
Granulated onion
Ground mustard
Ground mustard
Hot sauce
Kosher salt
Olive oil
Red wine vinegar
Saffron
Salt
Shortening
Smoked paprika
Sugar
White vinegar