

Snatched Summer

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Week 1 Grocery List



MEAT & SEAFOOD

- ☐ Bacon - 12 pieces
- ☐ Cooked Chicken - 10 ounces
- ☐ Ground Beef or Turkey - 1 pounds
- ☐ Raw Salmon - 8 ounces
- ☐ Skinless Chicken Breasts or Thighs - 16 ounces



PRODUCE

- ☐ Bell peppers - 3 cups
- ☐ Chopped green chilies - 4 oz
- ☐ Chopped Red Peppers - 0.25 cup
- ☐ Chopped spinach - 3 cups
- ☐ Diced mushrooms - 1 cups
- ☐ Fresh Spinach - 4 cups
- ☐ Garlic - 2 cloves
- ☐ Green Bell Peppers - 0.5 cups
- ☐ Lettuce - 4 cups
- ☐ Mixed Greens - 2 cups
- ☐ Onions - 0.75 cups
- ☐ Red Bell Peppers - 0.5 cups
- ☐ Ripe Bananas - 2 cups
- ☐ Russet or Idaho Potatoes - 2.5 pounds



DAIRY & EGGS

- ☐ Cottage cheese - 3.5 cups
- ☐ Egg - 1 each
- ☐ Eggs - 11 each
- ☐ Grated Cheese (Cheddar) - 3.5 cups
- ☐ Grated Parmesan - 2 tablespoons
- ☐ Plain Greek Yogurt - 2.5 cups
- ☐ Ranch Dressing - 2 tablespoons
- ☐ Unsalted Butter - 2.5 tablespoons



PANTRY

- ☐ All Purpose Flour - 2 cups
- ☐ Baking Soda - 1 teaspoon
- ☐ Black Beans - 1 cup
- ☐ Breadcrumbs - 0.5 cups
- ☐ Brown Sugar - 0.5 tablespoon
- ☐ Caesar Salad Dressing - 3 tablespoons

- ❑ Canned Black Beans - 8 ounces
- ❑ Canned Diced Tomatoes and Chilies - 15.5 ounces
- ❑ Cooked Rice - 2 cups
- ❑ Lemon juice - 0.5 teaspoon
- ❑ Olive oil - 2.5 teaspoons
- ❑ Olive Oil - 1 spray
- ❑ Rotini Pasta - 1 cups
- ❑ Shells Pasta - 6 oz
- ❑ Southwest Dressing - 1 cup
- ❑ Sweetener or Sugar - 0.5 cups
- ❑ Tomato Paste - 2 tablespoons



BAKERY

- ❑ Tortilla (Burrito/Large Size) - 10 count



FROZEN FOODS

- ❑ Cooked Corn Kernels - 2 tablespoons



SPICES & SEASONINGS

- ❑ Black Pepper - 0.125 teaspoon
- ❑ Cajun Seasoning - 1 teaspoon
- ❑ Chili Powder - 1.5 tablespoons
- ❑ Cumin - 1.5 teaspoons
- ❑ Dry Ranch Seasoning - 1 tablespoon
- ❑ Garlic powder - 2.5 teaspoons
- ❑ Ground Cinnamon - 1 teaspoon
- ❑ Italian Seasoning - 2 teaspoons
- ❑ Onion powder - 2.25 teaspoons
- ❑ Pepper - 5 teaspoons
- ❑ Ranch Seasoning - 1 count
- ❑ Red Cayenne Pepper - 0.5 teaspoon
- ❑ Salt - 1 to taste
- ❑ Smoked Paprika - 2.5 teaspoons
- ❑ Vanilla Extract - 1 teaspoon
- ❑ White Pepper - 0.125 teaspoon
- ❑ Worcestershire Sauce - 1 teaspoon

OTHER

- ❑ Broth (Beef, Chicken, or Vegetable) - 3 cups
- ❑ Chocolate Chips - 0.5 cups
- ❑ Croutons - 1 count
- ❑ Protein Powder (Vanilla or Unflavored) - 93 grams
- ❑ Unsweetened Applesauce - 2.5 tablespoons

Week 2 Grocery List

MEAT & SEAFOOD

- ☐ Bacon - 20 slices
- ☐ Cooked and Diced Chicken - 16 ounces
- ☐ Raw Salmon - 2.5 pounds
- ☐ Raw Shrimp - 11 ounces

PRODUCE

- ☐ Chopped Onions - 2 tablespoons
- ☐ Diced Avocado - 0.25 cups
- ☐ Diced Bell Peppers - 0.5 cups
- ☐ Diced Celery - 0.25 cups
- ☐ Diced Cucumbers - 0.25 cups
- ☐ Diced Onions - 0.75 cups
- ☐ Diced Onions (Red) - 0.25 cups
- ☐ Diced tomatoes (canned) - 0.25 cups
- ☐ Fresh Green Beans - 0.875 pounds
- ☐ Lettuce - 1 cups
- ☐ Mixed Greens - 6 cups
- ☐ Russet Potatoes - 12 ounces
- ☐ Sliced olives - 0.25 cups
- ☐ Sliced Tomatoes - 0.75 cups
- ☐ Spinach/Mixed Greens - 1 cups
- ☐ Yellow Baby Dutch Potatoes - 2 pounds

DAIRY & EGGS

- ☐ Butter - 1 tablespoon
- ☐ Eggs - 3 each
- ☐ Grated Cheddar Cheese - 1.75 cups

PANTRY

- ☐ BBQ Sauce - 1 cup
- ☐ Brown Sugar or Sweetener - 1.5 tablespoons
- ☐ Cooked Black Beans - 1 cup
- ☐ Dried cranberries - 0.25 cups
- ☐ Fresh Limes - 1 count
- ☐ Mayo - 3 tablespoons
- ☐ Mustard - 1 tablespoon
- ☐ Olive Oil - 2.5 tablespoons
- ☐ Pasta (Elbow Macaroni or Shells) - 7 ounces
- ☐ Pickle Relish - 0.25 cups
- ☐ Soy Sauce - 2.25 tablespoons
- ☐ Tortillas Burrito size - 6 each

FROZEN FOODS

- ❑ Whole Kernel Corn - 0.25 cups

SPICES & SEASONINGS

- ❑ Cayenne Pepper - 0.5 teaspoon
- ❑ Chili Powder - 2 teaspoons
- ❑ Chives - 3 teaspoons
- ❑ Cumin - 0.5 teaspoon
- ❑ Dried Dill - 2 teaspoons
- ❑ Garlic Powder - 3.75 teaspoons
- ❑ Onion Powder - 3.25 teaspoons
- ❑ Pepper - 7.5 teaspoons

Week 3 Grocery List



MEAT & SEAFOOD

- ☐ Diced, Cooked Chicken Breasts or Thighs - 1 pound
- ☐ Ground Beef or Turkey - 2 pounds
- ☐ Pork Belly, Salmon, or Shrimp - 1 pound
- ☐ Raw Shrimp - 1 pound
- ☐ Raw Skinless Chicken Breasts - 1.5 pounds



PRODUCE

- ☐ Canned Crushed Tomatoes - 28 oz
- ☐ Carrots - 0.5 cups
- ☐ Fresh Basil - 3 leaves
- ☐ Fresh Spinach - 2 cups
- ☐ Garlic - 7 cloves
- ☐ Ginger - 2 teaspoons
- ☐ Green Peppers - 0.5 cup
- ☐ Onion - 0.5 cup
- ☐ Onions - 1 cups
- ☐ Red Peppers - 0.5 cup
- ☐ Shredded Lettuce - 1 cup



DAIRY & EGGS

- ☐ Eggs - 4 each
- ☐ Grated Cheddar Cheese - 2.5 cups
- ☐ Milk (Any milk, almond, etc.) - 2 cups
- ☐ Plain Greek Yogurt - 1 cups
- ☐ Sour Cream or Plain Greek Yogurt - 1 cups
- ☐ Unsalted Butter - 1 tablespoon



PANTRY

- ☐ Broth (bone broth for high protein) - 13 cups
- ☐ Canned black beans - 15.5 ounces
- ☐ Canned Diced Chilies and Tomatoes - 15.5 ounces
- ☐ Egg noodles - 6 oz
- ☐ Flour - 3 tablespoons
- ☐ Liquid Vanilla Protein Shake (Premier Protein) - 48 oz
- ☐ Mayo - 2 tablespoons
- ☐ Pickles - 0.5 cup
- ☐ Protein Peanut Butter Cups (Quest) - 8 count
- ☐ Ramen Noodles - 6 oz
- ☐ Ranch Salad Dressing - 0.25 cups
- ☐ Rice wine vinegar - 2 tablespoons
- ☐ Salsa - 0.5 cups
- ☐ Sesame oil - 2 tablespoons
- ☐ Spaghetti Pasta - 10 oz
- ☐ Spicy Mayo - 4 tablespoons
- ☐ Sugar or Sweetener - 4 tablespoons

- Tortilla Strips - 1 package
- Uncooked rice (jasmine, basmati) - 1 cups



BAKERY

- Brioche Buns - 4 each



SPICES & SEASONINGS

- Bay Leaf - 1 count
- Black Pepper - 2.5 teaspoons
- Cayenne Pepper - 1 teaspoon
- Chili Powder - 2 tablespoons
- Cumin - 2 teaspoons
- Garlic Powder - 1 teaspoon
- Ground Oregano - 1 teaspoon
- Italian Seasoning - 3 teaspoons
- Oregano - 0.5 teaspoon
- Red Cayenne Pepper - 1 teaspoon
- Smoked Paprika - 1 teaspoon
- Thyme - 0.25 teaspoon



ALCOHOL

- Dry White Wine - 0.33 cup