



NO COOK MEAL PLAN

SHOPPING LIST

PRODUCE

- 1 bag/package mixed baby lettuce
- 1 bag coleslaw mix
- 2 cucumbers
- 1 small bunch asparagus
- 1 small bag shredded carrots
- 1 bunch cilantro
- 2 avocados
- 1 small white onion
- 1 small head garlic
- 1 small jalapeño pepper
- 2 small limes
- 1 pint of cherry tomatoes

MEAT & FISH

- 1 rotisserie chicken
- 1 lb. red snapper or sea bass

PANTRY & REFRIGERATOR ITEMS

- 1 bag of cassava chips
- 1 package coconut wraps
- 1 package lupini beans
- 1 package shirataki noodles
- 1 small jar tahini
- 1 jar sesame seeds
- Salt
- Black pepper
- [Primal Kitchen Cilantro Lime Dressing](#)
- [Primal Kitchen Sesame Ginger Dressing](#)
- [Primal Kitchen Green Goddess Dressing](#)
- [Primal Kitchen Mango Jalapeño BBQ Sauce](#)
- [Primal Kitchen Chipotle Lime Mayo](#)