



Let's Dish Thursday March Shopping List



Fruits & Veggies

White or Yellow & Red Onions	Assorted Bell Peppers (organic)
Lemons & Limes (organic)	Cut green beans (Organic fresh or frozen)
Spinach (organic)	Fresh Thyme
Fresh Garlic	Cilantro (organic)
Dried cranberries	Brussels Sprouts (organic)
Sweet Corn	
Fresh Ginger	



Meat & Fish

Shrimp	Chicken Thighs (organic, Bone in, Skin On)
Chicken Thighs (organic, BLSL)	Thick Cut Bacon (nitrate free)
Eggs (farm fresh or organic)	



Other Food Items

Extra Virgin Olive Oil	Tamari Soy Sauce
Grass Fed Butter	Fish Sauce
Black Beans (organic)	Raw Organic Honey
Pesto	Seasonings: Creole, salt (pink used in videos), cracked black pepper, garlic powder, onion powder, red pepper flakes, chili powder, cumin, coriander, sweet paprika
Water	Sriracha Sauce

Rice	Salsa (organic)
Brown Sugar	Worcestershire Sauce
Apple Cider Vinegar (organic, with the mother)	Hot Sauce



Shaniqua's Health Hacks: 1) Shop organic when possible (For produce see Environmental Working Group Clean 15 & Dirty 12 Organic Produce shopping guide.) 2) Plan meals for the week, two weeks, month, etc.,. 3) Keep staple items on hand. 4) Skip prepared & prepackaged food options when possible. 5) Make health and wellness a lifestyle. 6) Put love into every dish!

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