



## Meal Plan 2 Grocery List

This grocery list provides everything you need to make all the meals on the meal plan. The dinner recipes make enough to feed a family of 4/5. The breakfast, lunch and snack meals are intended to feed just you, momma. Purchase extra quantities of certain items if needed.

### Produce

Bananas (1 bunch)	Baby carrots (1 package)
Pears (3-4)	Cucumbers (2)
Apples (3-4)	Mushrooms (1 package)
Grapefruit (1)	Asparagus (1 bunch)
Grapes	Broccoli (1 head)
Limes (2)	Celery (1 bunch)
Lemon (1)	Green onions (1 bunch)
Mixed berries (fresh or frozen bag)	Cilantro (1 bunch)
Avocado (5)	White onions (5)
Tomatoes (3)	Garlic (fresh or jarred)
Cherry tomatoes (1 package)	Mixed greens bagged salad (3-4 bags)
Red peppers (3)	Bagged spinach (1 bags)
Green peppers (2)	

### Proteins

Eggs (18-24)	Canadian bacon
Chicken breasts (6-8)	Bacon (look for lean!)
Shredded sharp cheddar cheese	Light mozzarella string cheese
Lean steak (like sirloin or New York strip)	Lowfat (2%) cottage cheese
Lean ground beef (2 pounds)	Plain nonfat Greek yogurt
Lean ground turkey (1 pound)	

### The Aisles

Reduced sodium chicken stock	Raw diced almonds, walnuts, pecans and other mixed raw nuts	Reduced sodium soy sauce
Quinoa	Chia seeds	Vanilla protein powder (whey isolate is best)
Old-fashioned oats	Ground flax meal	
Diced tomatoes (3 cans)	Almond or peanut butter	
Black beans (1 can)	Hummus	
Diced white meat chicken (1 large can)	Whole grain tortillas	
Roasted red peppers	Whole grain English muffins	
Basil Pesto	Salsa	
Vinaigrette-style dressing	Honey	