



## Meal Plan 3 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)	Broccoli (1 head)
Apples (3-4)	Cucumbers (3)
Grapefruit or navel oranges (1-2)	Spaghetti squash
Satsumas (1 package)	Mushrooms (1 package)
Lime (1)	Green onions (1 bunch)
Mango (1)	Cilantro (1 bunch)
Mixed berries (fresh or frozen bag)	White onions (5)
Avocados (3-4)	Garlic (fresh or jarred)
Tomatoes (3)	Kale (1 bunch)
Cherry tomatoes (1 package)	Mixed greens bagged salad (3-4 bags)
Red peppers (3)	Bagged spinach (2 bags)
Green peppers (2)	

### **Proteins**

Eggs (18-24)	Italian turkey sausage links (5 links)
Chicken breasts (4-6)	Deli-sliced turkey or chicken
Boneless, skinless chicken thighs (6-8)	Shredded sharp cheddar cheese
Sirloin steak or other lean steak (1 pound)	Shredded parmesan cheese
Extra lean ground beef or turkey (1 pound)	Lowfat mozzarella string cheese
Shrimp (1 pound)	Lowfat cottage cheese
Turkey polska kielbasa (1 package)	Plain nonfat Greek yogurt

### **The Aisles**

Reduced sodium chicken stock	Chia seeds
Quinoa	Ground flax meal
Diced tomatoes (2 cans)	Almond or peanut butter
Spaghetti sauce (1 large jar)	Hummus or tzatziki dip
Cannellini beans (2 cans)	Honey
Salsa	Reduced sodium soy sauce
Vinaigrette-style dressing	Olive oil
Raw almonds, walnuts, pecans and other mixed raw nuts	Vanilla protein powder (whey isolate is best)