



## Meal Plan 4 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)	Celery (1 bunch)
Pears (3-4)	Broccoli (1 head)
Apples (3-4)	Cucumbers (2)
Oranges (5-6)	Zucchini (1 medium)
Lime (1)	Spaghetti squash (1)
Strawberries & other mixed berries (fresh or frozen bag)	Green onions (1 bunch)
Avocados (3-4)	Cilantro (1 bunch)
Tomatoes (3)	White onions (3)
Cherry tomatoes (1 package)	Red onion (1)
Red peppers (3)	Garlic (fresh or jarred)
Green peppers (2)	Mixed greens bagged salad (3-4 bags)
Baby carrots (1 package)	Bagged spinach (2 bags)
Large carrots (3)	Bagged coleslaw mix (14 oz. bag)

### **Proteins**

Eggs (18-24)	Ground pork (1 pound)
Canadian bacon	Chicken sausage links (any flavor) (1 package)
Chicken breasts (4-6)	Turkey polska kielbasa (1 package)
Extra lean ground beef (1 pound)	Shredded parmesan cheese
Extra lean ground turkey (1 pound)	Plain nonfat Greek yogurt

### **The Aisles**

Reduced sodium chicken stock (2 boxes)	Raw almonds, walnuts, pecans and other mixed raw nuts
Quinoa	Chia seeds
Dry lentils	Ground flax meal
Whole wheat breadcrumbs	Almond or peanut butter
Whole grain bread or English muffin	Hummus or tzatziki dip
Diced tomatoes (2 cans)	Honey
Reduced sodium black beans (1 can)	Reduced sodium soy sauce or coconut aminos
Sliced olives (1 can)	Sesame oil
Spaghetti sauce (1 large jar)	Rice wine vinegar
Salsa	Olive oil
Vinaigrette-style dressing	Vanilla protein powder (whey isolate is best)
Pistachios w/shell on	