

# APRIL MEAL PLAN GROCERY LIST

## PRODUCE

Bananas (1 bunch)  
Apples (5-6)  
Grapefruit (2)  
Mango (1)  
Mixed berries (fresh or frozen bag)  
Strawberries (fresh or frozen)  
Lime (1)  
Avocado (5)  
Tomatoes (3)  
Cherry tomatoes (1 package)  
Red peppers (2)  
Green peppers (2)  
Jalapeno (1)  
Red onion (1)  
White onion (1)  
Baby carrots (1 package)  
Cilantro (1 bunch)  
Broccoli (1 head)  
Zucchini (1 medium)  
Green onions (1 bunch)  
Garlic (fresh or jarred)  
Cucumbers (3)  
Mixed greens bagged salad (2-3 bags)  
Bagged spinach (1 bag)  
Spaghetti squash

## PROTEINS

Chicken breasts (5-6)  
Rotisserie chicken  
Eggs (18-24)  
Plain Greek yogurt  
Lean ground turkey (1 pound)  
Extra lean ground beef (1 pound)  
Shrimp (1 pound)  
Feta cheese  
Parmesan cheese

## THE AISLES

Reduced sodium chicken stock  
Quinoa  
Olives  
Diced tomatoes (2-15oz. cans)  
Tomato sauce (1-15oz. can)  
Kidney beans (1-15oz. can)  
Pinto beans (1-15oz. can)  
Canned salmon (1-2 cans)  
Spaghetti sauce (1 large jar)  
Whole wheat bread crumbs  
Vanilla protein powder (whey isolate is best)  
Vinaigrette-style dressing  
Almonds, pecans, other mixed nuts  
Chia seeds  
Ground flax meal  
Almond or peanut butter  
Hummus  
Whole grain bread



This grocery list provides everything you need to make all the meals on the April Meal Plan. The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, momma.

Purchase extra quantities of certain items if needed.  
**The recipes for the meals marked with (R) can be found at**  
<https://www.strong-mommas.com/recipes.html>