

# AUGUST MEAL PLAN GROCERY LIST

## PRODUCE

Grapefruits (2) or oranges  
Pears or apples (3)  
Bananas (1 bunch)  
Grapes (1 pound)  
Watermelon (small or medium)  
Lemon (1)  
Strawberries  
Other mixed berries (fresh or frozen)  
Avocados (4 medium)  
Broccoli (2-3 heads)  
Cauliflower (1-2 heads)  
Cherry tomatoes (for lunch salads)  
Cucumbers (for lunch salads)  
Green onions (1 bunch)  
Celery (1 bunch)  
Asparagus (1 bunch)  
Onions (3-5)  
Red onion (1)  
Ginger  
Garlic (jar of minced garlic ok)  
Fresh mint  
Fresh cilantro  
Bagged coleslaw mix (1 bag)  
Bagged mixed leafy greens (3 bags)  
Bagged spinach (1 bag)  
Raisins or dried cranberries

## PROTEINS

Eggs (2-3 dozen)  
Canadian bacon  
Chicken breasts (6-8)  
Rotisserie chicken or steak (for lunch salads)  
Boneless/skinless chicken thighs (8-10)  
Ground pork (1 pound, as lean as possible)  
Chicken drumsticks (8-10)  
Greek yogurt (plain, nonfat)  
Lowfat cottage cheese  
Canned chicken (2 cans)

## THE AISLES

Reduced sodium chicken stock  
Hummus  
Quinoa  
Vanilla protein powder (whey isolate is best)  
Vinaigrette-style dressing  
Pistachios  
Chopped pecans & other mixed raw nuts  
Slivered almonds  
Chia seeds  
Sunflower seeds  
Ground flax meal  
Dijon mustard  
Honey  
Basil pesto  
Roasted red peppers (jarred)  
Rice wine vinegar  
Sesame oil  
Whole grain english muffins  
Whole grain tortillas



This grocery list provides everything you need to make all the meals on the August 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>