



## December Meal Plan 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)  
Pears (3-4)  
Apples (3-4)  
Grapefruit (1)  
Satsumas (1 package)  
Lime (1)  
Lemon (1)  
Mixed berries (fresh or frozen bag)  
Avocados (4)  
Tomatoes (3)  
Cherry tomatoes (1 package)  
Red peppers (3)  
Green peppers (2)  
Baby carrots (1 package)  
Broccoli (1 head)  
Large carrots (3 whole)  
Cucumbers (3)  
Zucchini (1 large)  
Mushrooms (1 package)  
Celery (1 bunch)  
Green onions (1 bunch)  
Cilantro (1 bunch)  
White onions (5)  
Sweet potatoes (2)  
Garlic (fresh or jarred)  
Mixed greens bagged salad (3-4 bags)  
Bagged spinach (2 bags)

### Proteins

Eggs (18-24)  
Chicken breasts (6-8)  
Beef stew meat (1 pound)  
Shrimp (1 pound)  
Ground chicken breakfast sausage (1 pound)  
Turkey polska kielbasa (1 package)  
Shredded sharp cheddar cheese  
Shredded parmesan cheese  
Feta cheese  
Lowfat mozzarella string cheese  
Lowfat cottage cheese  
Plain nonfat Greek yogurt

### The Aisles

Frozen peas (1 bag)  
Reduced sodium beef stock  
Reduced sodium chicken stock  
Quinoa  
Diced tomatoes (1 can)  
Black beans (1 can)  
Diced olives (2 cans)  
Salsa  
Vinaigrette-style dressing  
Raw diced almonds, walnuts, pecans and other mixed raw nuts  
Chia seeds  
Ground flax meal  
Almond or peanut butter  
Hummus  
Salsa  
Honey  
Worcestershire sauce  
Vanilla protein powder (whey isolate is best)