



Easy Peasy Meal Plan Grocery List

Produce

Bananas
Apples
Oranges or grapefruit
Mixed berries (fresh or frozen)
Tomatoes
Avocados
Baby carrots
Green & Red peppers
Green onions
Kale
Onions
Bagged salad mix, your preference, with lite dressing

Proteins

Rotisserie chicken
Lean ground beef or sirloin (90-93% lean)
Half pound good lean bacon
Chicken breasts
Italian turkey sausage (5 links)
Eggs
Nonfat plain Greek yogurt
Shredded parmesan cheese

The Aisles

Hummus
Mixed raw nuts
Sliced raw almond
Honey
Brown rice or quinoa
Black beans
Canned cannellini beans (2 cans)
Canned diced tomatoes (2 cans)
Low sodium chicken stock
Olives
Salsa
All natural peanut or almond butter
Optional: Decaf Green Tea
Optional: Good high quality dark chocolate