



February 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

Cantaloupe (1 small)	Green peppers (2)
Bananas (1 bunch)	Baby bella mushrooms
Pears (3-4)	Celery (1 bunch)
Apples (3-4)	Baby carrots (1 package)
Oranges (5-6)	Broccoli (1 head)
Grapefruit (2-3)	Cucumbers (2)
Lime (1)	Zucchini (1 medium)
Lemon (1)	Green onions (1 bunch)
Strawberries & other mixed berries (fresh or frozen bag)	Parsley (1 bunch)
Avocados (3-4)	White onions (3)
Tomatoes (3)	Red onion (1)
Cherry tomatoes (1 package)	Garlic (fresh or jarred)
Red peppers (4)	Mixed greens bagged salad (4 bags)
	Bagged spinach (2 bags)

Proteins

Eggs (24)	Turkey polska kielbasa or lean andouille sausage (1 pound)
Chicken breasts (6-8)	Shrimp (1 pound)
Boneless, skinless chicken thighs (2-3)	Shredded parmesan cheese
Pork loin (1-2 pounds), pre-marinated	Feta cheese
Breakfast chicken sausage (1 pound)	Plain nonfat Greek yogurt
Chicken sausage links	Lowfat (2%) cottage cheese

The Aisles

Reduced sodium chicken stock (2 boxes)	Chia seeds
Quinoa	Ground flax meal
Long grain brown rice	Almond or peanut butter
Whole grain bread or English muffin	Hummus or Greek yogurt dip
Diced tomatoes, reduced sodium (2 cans)	Honey
Sliced olives (1 can)	Olive oil
Vinaigrette-style dressing	Vanilla protein powder (whey isolate is best)
Pistachios (shell on), and other raw mixed nuts	