



January 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)	Tomatoes (5-6)
Grapefruit (2)	Cherry tomatoes (1 package)
Grapes (1/2 pound)	Baby carrots (1 package)
Avocados (3 medium)	Sweet potatoes (2 large)
Apples (3-5)	Cucumbers (2)
Red Peppers (2)	Mixed greens salad (2 bags)
Green Peppers (2)	Bagged spinach (1 bag)
Celery (1 package)	Kale (1 bunch)
Onions (3)	Cabbage (1 head)
Green onions (1 bunch)	Mixed berries (fresh or frozen bag)
Jalapeno (1)	Strawberries (fresh or frozen)

Proteins

Eggs (18)	Extra lean ground beef or sirloin (1 pound)
Mild Italian turkey sausage (5 links)	Chicken breasts (6-8)
Rotisserie chicken	Ground turkey (1 pound)
Lowfat cottage cheese	Plain nonfat Greek yogurt
Turkey polska kielbasa (2 packages)	Parmesan cheese
Salmon (1 pound)	

The Aisles

Vanilla protein powder (whey isolate is best)	Sunflower seeds	Diced tomatoes (4 - 15oz. can)
Salsa	Almonds, pecans, other mixed nuts	Cannellini beans (2 - 15 oz. cans)
Vinaigrette-style dressing	Almond or peanut butter	Black beans (2 - 15 oz. cans)
Whole wheat bread crumbs	Hummus	Kidney beans (2 - 15oz. cans)
Quinoa	Canned chunk chicken breast (12.5 oz. can)	Tomato sauce (1 small can)
Shredded coconut	Whole wheat tortillas	Reduced sodium chicken broth
Ground flax meal		
Chia seeds		