

JUNE MEAL PLAN GROCERY LIST

PRODUCE

Bananas (1 bunch)
Apples (5-6)
Oranges (3)
Mixed berries (fresh or frozen bag)
Strawberries (fresh)
Lime (2)
Avocado (6)
Tomatoes (3)
Cherry tomatoes (1 package)
Mushrooms (8 oz. package)
Red peppers (3)
Green peppers (2)
Jalapeno (1)
Red onion (1)
White onion (1)
Shallot (1)
Baby carrots (1 package)
Shredded carrots (1 small bag)
Cilantro (1 bunch)
Broccoli (2 heads)
Zucchini (1 medium)
Asparagus (1 small bunch)
Green onions (1 bunch)
Radishes (1 bunch)
Beets, red or golden (4)
Garlic (fresh or jarred)
Cucumbers (2)
Kale (1 large bunch)
Mixed greens bagged salad (2 bags)
Bagged spinach (2 bags)



PROTEINS

Chicken breasts (2)
Boneless, skinless chicken thighs (8-10)
Turkey polska kielbasa (1 package)
Shrimp (1 pound)
Sirloin steaks (1-2 pounds)
Bacon, as lean as possible (1/2 pound)
Eggs (18-24)
Plain nonfat Greek yogurt
2% Cottage cheese
Parmesan cheese
Shredded sharp cheddar cheese

THE AISLES

Reduced sodium chicken stock or bone broth
Quinoa
Frozen edamame
Vinaigrette-style dressing
Almonds, pecans, other mixed raw nuts
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Honey
White wine vinegar
Dijon mustard
Reduced sodium soy sauce
Whole grain bread or English muffins
Vanilla protein powder (whey isolate is best)

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