

MARCH MEAL PLAN GROCERY LIST

PRODUCE

Bananas (1 bunch)
Apples (5-6)
Grapefruit (2)
Oranges (3)
Mixed berries (fresh or frozen bag)
Strawberries (fresh or frozen)
Lime (2)
Avocado (5)
Tomatoes (3)
Cherry tomatoes (1 package)
Mushrooms (8 oz. package)
Red peppers (2)
Green peppers (2)
Red onion (1)
White onion (1)
Carrots (3)
Red potatoes (5-6)
Celery (1 bunch)
Baby carrots (1 package)
Cilantro (1 bunch)
Fresh basil
Broccoli (1 head)
Zucchini (2 medium)
Green onions (1 bunch)
Garlic (fresh or jarred)
Cucumbers (2)
Mixed greens bagged salad (2 bags)
Bagged spinach (1 bag)
Kale (1 bunch)
Cabbage (1 head)
Spaghetti squash



PROTEINS

Chicken breasts (5-6)
Boneless, skinless chicken thighs (6-8)
Rotisserie chicken
Turkey polska kielbasa (1 package)
Chicken breakfast sausage (1 pound)
Turkey Italian sausage (5 links)
Canadian bacon
Eggs (18-24)
Plain Greek yogurt
2% Cottage cheese
Parmesan cheese
Shredded sharp cheddar cheese

THE AISLES

Reduced sodium chicken stock
Quinoa
Diced tomatoes (4-15oz. cans)
Tomato paste (small can)
Cannelini beans (2-15oz. can)
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Almonds, pecans, other mixed nuts
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Whole grain tortillas (optional)
Whole grain English muffins
White wine
Honey
Dijon mustard

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