



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

Proteins

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

The Aisles

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