

# ONE MONTH MESOMORPH MEALPLAN WITH GROCERY LISTS

This meal plan is ideal for someone with a mesomorph body type, or who tends to be more athletic and muscular.

This plan will help you get rid of any excess body fat and give you energy for all your activities.

## HEALTHY EATING HABITS

Your meals will emphasize these basic healthy eating habits for Mesomorph:

- 1) Eating at regular intervals throughout the day to improve your metabolism.
- 2) Eating protein with every meal.
- 3) Eating mostly vegetables and sometimes fruit with every meal.
- 4) Eating plenty of healthy fats throughout the day.
- 5) Eating starchier carbohydrates at one or two meals per day.

What about portion sizes? The quality of ingredients that you put into each meal is more important than the amount of ingredients. You will notice that sometimes portions are indicated with foods that are particularly dense. But otherwise, it's more important to focus on being mindful and saying "enough" when you feel about 80% full.

## THINGS TO CONSIDER

This meal plan is not intended to treat any medical issues. Rather, this simply helps you create better meals and implement general healthy eating habits. This meal plan assumes that you do not have any dietary restrictions. However, if you are aware that you should be avoiding certain food groups, use substitutions when necessary.

Days can be rearranged. If a certain meal works better for you on a different day, simply adjust the schedule.

When the meal plan indicates "Eat Whatever You Want", these are considered your splurge meals: your opportunities to deviate from the healthy eating habits and enjoy your favorite foods. Do so with mindfulness, choosing your absolute favorite things so you don't feel deprived. Practice NOT overeating with these meals and feeling fully satisfied.

Aim for drinking half your bodyweight in ounces of water per day. For example, a 140 pound woman should aim for drinking 70 ounces of water per day.

I recommend two supplements with this meal plan: fish oil capsules (omega-3's) and a high quality protein powder supplement. Any omega-3 supplement (algae oil, hempseed oil, etc.) would be sufficient. Aim for 3-5g total omega-3's per day. For the protein powder supplement, you may use whey protein isolate or a plant-based protein powder. Aim for 20-30g protein per scoop.

The grocery lists provide everything you need to make all of the meals for each week. 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>**

For more nutrition coaching, full workout programs, and accountability, join the Strong Mommas Coaching Program.





STRONG MOMMAS  
MEAL PLANNER  
MESOMORPH

WEEK 1

<b>MON</b>	<b>B</b> Whole grain toast, 2 eggs any style, ½ avocado, 2 slices Canadian bacon, 1 orange	<b>L</b> Strawberry Banana Shake (R)	<b>S</b> Handful pistachios w/ shell, large handful mixed veggies, hummus or tzatziki dip	<b>D</b> Crockpot Lentil Soup (R)
------------	-----------------------------------------------------------------------------------------------------------	-----------------------------------------------	----------------------------------------------------------------------------------------------------------	-----------------------------------------

<b>TUES</b>	<b>B</b> 2-3 scrambled eggs w/ mixed veggies of your choice & chicken sausage, 1 orange	<b>L</b> Lentil Soup leftovers or mixed greens salad w/ chicken or steak & vinaigrette style dressing	<b>S</b> Yogurt Berry Bowl (R)	<b>D</b> Roasted pork loin, mixed leafy greens salad w/ vinaigrette dressing, cantaloupe
-------------	--------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------	--------------------------------------	---------------------------------------------------------------------------------------------------------

<b>WED</b>	<b>B</b> 1 Chicken sausage link, large handful sautéed veggies of your choice, 1 orange	<b>L</b> 2 Hard boiled eggs, large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts, 1 pear	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> Greek Chicken Quinoa Salad (R)
------------	--------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------	--------------------------------------------------

<b>THUR</b>	<b>B</b> Whole grain toast, 2 eggs any style, ½ avocado, 2 slices Canadian bacon, 1 orange	<b>L</b> Greek Quinoa Chicken Salad leftovers or Strawberry Banana Shake (R)	<b>S</b> Handful pistachios w/ shell, large handful mixed veggies, hummus or tzatziki dip	<b>D</b> Breakfast Casserole (R), small mixed green salad w/ vinaigrette dressing, ½ grapefruit
-------------	-----------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------

<b>FRI</b>	<b>B</b> Breakfast casserole leftovers w/ whole grain toast	<b>L</b> Large mixed greens salad, chicken or steak, additional chopped veggies, vinaigrette style dressing	<b>S</b> Yogurt Berry Bowl (R)	<b>D</b> WHATEVER YOU WANT!
------------	-------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	--------------------------------------	-----------------------------------

<b>SAT</b>	<b>B</b> Zucchini Frittata (R), Whole grain toast, 1 piece of fruit of your choice	<b>L</b> 2 Hard boiled eggs, large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts, 1 pear	<b>S</b> 2 Tbsp nut butter, whole banana or apple	<b>D</b> WHATEVER YOU WANT!
------------	---------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------	-----------------------------------

<b>SUN</b>	
<b>B</b>	WHATEVER YOU WANT!
<b>L</b>	Leftovers of anything, mixed green salad, or smoothie of your choice
<b>S</b>	Large handful pistachios w/ shell, whole pear or apple
<b>D</b>	Blackened Chicken w/ Avocado Cream Sauce (R) & quinoa

**HEALTHY  
EATING HABITS  
FOR MESO'S**

- eat every meal**
- eat protein**
- eat produce**
- add healthy fats**
- eat some starchier  
carbs**
- eat real, whole  
food**
- drink water**
- splurge sometimes**

# MESOMORPH MEAL PLAN WEEK 1



## PRODUCE

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

## PROTEINS

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

## THE AISLES

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

This grocery list provides everything you need to make all the meals  
on the Mesomorph Meal Plan Week 1.

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>**



STRONG MOMMAS  
MEAL PLANNER  
MESOMORPH

WEEK 2

<b>MON</b>	<b>B</b> 3 fried or poached eggs, ½ avocado, whole wheat English muffin, ½ grapefruit	<b>L</b> Broccoli Chicken Quinoa Salad (R)	<b>S</b> Apple, 2 Tbsp nut butter	<b>D</b> Chicken Fajitas (R),
------------	---------------------------------------------------------------------------------------------	-----------------------------------------------	-----------------------------------------	----------------------------------

<b>TUES</b>	<b>B</b> Orange Banana Green Smoothie (R)	<b>L</b> Leftovers or Diced chicken, mixed greens salad w/ vinaigrette style dressing	<b>S</b> Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	<b>D</b> Crockpot Turkey Sausage & Kale Soup (R)
-------------	----------------------------------------------	------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	-----------------------------------------------------

<b>WED</b>	<b>B</b> Zucchini Frittata (R) w/ whole grain toast or smoothie of your choice	<b>L</b> Leftovers or Diced chicken, mixed greens salad w/ vinaigrette style dressing	<b>S</b> Yogurt & Berry Bowl (R)	<b>D</b> Summer Spaghetti Squash (R)
------------	-----------------------------------------------------------------------------------	------------------------------------------------------------------------------------------	-------------------------------------	-----------------------------------------

<b>THUR</b>	<b>B</b> 3 fried or poached eggs, ½ avocado, whole wheat English muffin, ½ grapefruit	<b>L</b> Orange Banana Green Smoothie (R)	<b>S</b> Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	<b>D</b> Blackened Chicken w/ Avocado Cream Sauce (R) & quinoa
-------------	---------------------------------------------------------------------------------------------	----------------------------------------------	--------------------------------------------------------------------------------------	-------------------------------------------------------------------

<b>FRI</b>	<b>B</b> Zucchini Frittata (R) or 3 eggs any style w/ diced veggies, ½ grapefruit, whole grain toast	<b>L</b> Smoothie of your choice or Diced chicken, mixed greens salad w/ vinaigrette style dressing	<b>S</b> Yogurt & Berry Bowl (R)	<b>D</b> WHATEVER YOU WANT!
------------	---------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------	-------------------------------------	--------------------------------

<b>SAT</b>	<b>B</b> Spinach & Sausage Breakfast Casserole (R), 1 piece of fruit	<b>L</b> Cabbage Chicken Salad (R) or leftovers or smoothie of your choice	<b>S</b> Apple, 2 Tbsp nut butter	<b>D</b> WHATEVER YOU WANT!
------------	-------------------------------------------------------------------------	-------------------------------------------------------------------------------	-----------------------------------------	--------------------------------

<b>SUN</b>	
<b>B</b>	Spinach & Sausage Breakfast Casserole (R) or <b>Whatever you want!</b>
<b>L</b>	Leftovers of anything or Mixed Berry Smoothie (R)
<b>S</b>	Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus
<b>D</b>	Crockpot Tuscan Chicken Stew (R)

**HEALTHY EATING HABITS FOR MESO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- eat some starchier carbs
- eat real, whole food
- drink water
- splurge sometimes

# MESOMORPH MEAL PLAN WEEK 2



## 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 (for salads)  
Turkey polska kielbasa (1 package)  
Chicken breakfast sausage (1 pound)  
Turkey Italian sausage (5 links)  
Canadian bacon  
Eggs (18-24)  
Plain nonfat Greek yogurt  
Lowfat (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  
Whole grain English muffins  
White wine  
Honey  
Dijon mustard

This grocery list provides everything you need to make all the meals on the Mesomorph Meal Plan Week 2.

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>



STRONG MOMMAS  
MEAL PLANNER  
MESOMORPH

WEEK 3

<b>MON</b>	<b>B</b> 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	<b>L</b> Strawberry Banana Smoothie (R)	<b>S</b> Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	<b>D</b> Nourish Bowls (R)
------------	---------------------------------------------------------------------------------------	--------------------------------------------	--------------------------------------------------------------------------------------	-------------------------------

<b>TUES</b>	<b>B</b> 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	<b>L</b> Nourish bowl leftovers	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> Creamy baked chicken thighs (R) w/ Roasted veggies (R) & quinoa or brown rice
-------------	---------------------------------------------------------------------------------------------------	------------------------------------	------------------------------------------------	-------------------------------------------------------------------------------------------

<b>WED</b>	<b>B</b> Signature Scramble (R), mixed fruit	<b>L</b> Sirloin steak salad w/ vinaigrette style dressing & other veggie	<b>S</b> 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	<b>D</b> Shrimp Mexi-Bowls (R)
------------	-------------------------------------------------	------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------	-----------------------------------

<b>THUR</b>	<b>B</b> Mixed Berry Smoothie (R)	<b>L</b> Leftovers or Broccoli Chicken Quinoa Salad (R)	<b>S</b> Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	<b>D</b> Honey Lime BBQ Chicken Thighs (R), Bagged salad of mixed greens
-------------	--------------------------------------	------------------------------------------------------------	--------------------------------------------------------------------------------------	-----------------------------------------------------------------------------

<b>FRI</b>	<b>B</b> 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	<b>L</b> Broccoli Chicken Quinoa Salad (R)	<b>S</b> Apple or banana, 2 Tbsp nut butter	<b>D</b> WHATEVER YOU WANT!
------------	---------------------------------------------------------------------------------------	-----------------------------------------------	------------------------------------------------	--------------------------------

<b>SAT</b>	<b>B</b> Turkey Sausage Mini Quiches (R), mixed fruit, whole grain toast	<b>L</b> Leftovers or smoothie of your choice	<b>S</b> Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	<b>D</b> WHATEVER YOU WANT!
------------	-----------------------------------------------------------------------------	--------------------------------------------------	--------------------------------------------------------------------------------------	--------------------------------

<b>SUN</b>			
<b>B</b>	Turkey Sausage Mini Quiches (R) or 3-egg veggie omelet of your choice		
<b>L</b>	Bagged salad of mixed greens w/ chicken or sirloin steak, vinaigrette-style dressing		
<b>S</b>	1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds		
<b>D</b>	WHATEVER YOU WANT!		

**HEALTHY EATING HABITS FOR MESO'S**  
 eat every meal  
 eat protein  
 eat produce  
 add healthy fats  
 eat some starchier carbs  
 eat real, whole food  
 drink water  
 splurge sometimes

# MESOMORPH MEAL PLAN WEEK 3

## 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)  
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 Mesomorph Meal Plan Week 3.

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>



STRONG MOMMAS  
MEAL PLANNER  
MESOMORPH

WEEK 4

<b>MON</b>	<b>B</b> Three eggs any style, 1/2 avocado, salsa, 1/2 half grapefruit or orange, whole grain toast	<b>L</b> Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Celery w/ nut butter, whole apple	<b>D</b> Crockpot Turkey Sausage & Kale Stew (R),
------------	--------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------	-----------------------------------------------	------------------------------------------------------

<b>TUES</b>	<b>B</b> Lowfat cottage cheese, tomato, avocado, salt/pepper, whole apple, whole grain toast	<b>L</b> Sausage & kale stew leftovers or smoothie of your choice	<b>S</b> Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	<b>D</b> Sweet Potato Hash (R)
-------------	-------------------------------------------------------------------------------------------------	----------------------------------------------------------------------	-----------------------------------------------------------------------------------------	-----------------------------------

<b>WED</b>	<b>B</b> Mixed berry smoothie (R)	<b>L</b> Chicken salad wrap (R)	<b>S</b> Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple	<b>D</b> Quinoa Mexi-bowl (R)
------------	--------------------------------------	------------------------------------	----------------------------------------------------------------------------	----------------------------------

<b>THUR</b>	<b>B</b> Three eggs sautéed with mixed veggies, & half grapefruit or orange	<b>L</b> Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Celery w/ nut butter, whole apple	<b>D</b> Coconut chicken strips (R) & sweet potato fries & mixed green salad
-------------	--------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------	-----------------------------------------------	---------------------------------------------------------------------------------

<b>FRI</b>	<b>B</b> Strawberry banana smoothie (R)	<b>L</b> Cabbage Chicken Salad (R)	<b>S</b> Apple or banana, 2 Tbsp nut butter or string cheese	<b>D</b> WHATEVER YOU WANT!
------------	--------------------------------------------	---------------------------------------	-----------------------------------------------------------------	--------------------------------

<b>SAT</b>	<b>B</b> Two egg omelet w/ mixed veggies & other proteins, half grapefruit or orange	<b>L</b> Leftovers, Cabbage Chicken Salad (R)	<b>S</b> Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	<b>D</b> WHATEVER YOU WANT!
------------	-----------------------------------------------------------------------------------------	--------------------------------------------------	-----------------------------------------------------------------------------------------	--------------------------------

<b>SUN</b>			
<b>B</b>	WHATEVER YOU WANT!		
<b>L</b>	Leftovers of anything or smoothie of your choice		
<b>S</b>	Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple		
<b>D</b>	Crockpot Chili (R)		

**HEALTHY EATING HABITS FOR MESO'S**

- eat every meal
- eat protein
- eat produce
- add healthy fats
- eat some starchier carbs
- eat real, whole food
- drink water
- splurge sometimes

# MESOMORPH MEAL PLAN WEEK 4

## PRODUCE

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

## PROTEINS

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

**STRONG**  
*Mommas*

## THE AISLES

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

This grocery list provides everything you need to make all the meals  
on the Mesomorph Meal Plan Week 4.

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>