



November 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)
Pears (4-5)
Apples (4-5)
Grapefruit (1)
Orange (2)
Grapes
Limes (2)
Lemon (1)
Mixed berries (fresh or frozen bag)
Avocado (5)
Tomatoes (3)
Cherry tomatoes (1 package)
Red peppers (3)
Green peppers (2)

Jalepeno (1)
Baby carrots (1 package)
Cucumbers (2)
Mushrooms (1 package)
Asparagus (1 bunch)
Broccoli (1 head)
Celery (1 bunch)
Green onions (1 bunch)
Cilantro (1 bunch)
White onions (5)
Garlic (fresh or jarred)
Mixed greens bagged salad (3-4 bags)
Bagged spinach (1 bags)
Cauliflower rice (1 bag)

Proteins

Eggs (18-24)
Chicken breasts (6-8)
Shredded sharp cheddar cheese
Lean steak (like sirloin or New York strip)
Beef stew meat (2.5 pounds) (look for lean!)
Ground turkey (7% fat)

Canadian bacon
Bacon (look for lean!)
String cheese
Lowfat cottage cheese
Plain nonfat Greek yogurt

The Aisles

Reduced sodium chicken stock or bone broth
Quinoa
Diced tomatoes (2 cans)
Black beans (2 cans)
Chili beans (1 can)
Green chilis (1 4.5 oz can)
Diced white meat chicken (1 large can)
Roasted red peppers
Basil Pesto
Vinaigrette-style dressing
Raw diced almonds, walnuts, pecans and other mixed raw nuts

Chia seeds
Ground flax meal
Almond or peanut butter
Hummus or tzatziki
Whole grain tortillas
Salsa
Honey
Soy sauce
Ground espresso (regular or decaf)
Vanilla protein powder (whey isolate is best)
Whole grain English muffins