



October 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

Asparagus (1 bunch)
Baby bella mushrooms (1 package)
Lemon (1)
Apples (3-5)
Mixed berries (fresh or frozen bag)
Baby carrots (1 package)
Cucumber (1-2)
Broccoli (2 heads)
Cauliflower (1 head)
Green onions (1 large bunch)

Red onion
Bananas (1 bunch)
Green onions (1 bunch)
Bagged coleslaw mix (14 oz. bag)
Spaghetti squash (1 whole)
Mixed peppers (3)
Garlic (fresh or jarred)
Mixed greens bagged salad (3 bags)
Bagged spinach (2 bags)

Proteins

Eggs (18-24)
Greek yogurt-based veggie dip
Chicken breasts (6-8)
Plain nonfat Greek yogurt
Ground pork (1 pound)

Lean ground beef (90%) or ground turkey (1 pound)
Steak, sirloin or other lean cut (2 pounds)
Parmesan cheese
Shredded sharp cheddar cheese

The Aisles

Pistachios (in shell, 2 cups)
Almond slices, raw (1 cup)
Reduced sodium chicken stock
Quinoa
Honey
Dijon Mustard
Almond or peanut butter
Sesame oil
Soy sauce or coconut aminos
Rice wine vinegar
Sriracha hot sauce
Whole wheat breadcrumbs
Spaghetti sauce (minimal ingredients)

Apple cider vinegar
White wine
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Chia seeds or ground flax meal