

SEPTEMBER MEAL PLAN GROCERY LIST



PRODUCE

Bananas (1 bunch)
Apples (4-5)
Grapefruit (2)
Mixed berries (fresh or frozen bag)
Avocado (5)
Tomatoes (3)
Cherry tomatoes (1 package)
Red peppers (2)
Green peppers (2)
Spaghetti squash
Baby carrots (1 package)
Cucumbers (2)
Mushrooms
Broccoli (1 head)
Cauliflower (1 head)
White or red onions (2)
Garlic (fresh or jarred)
Romaine lettuce (1 bag)
Mixed greens bagged salad (4 bags)
Bagged spinach (2 bags)
Cabbage (1 head)
Kale (1 bunch)
Green onions (1 bunch)

PROTEINS

Chicken thighs, boneless/skinless
(1-2 pounds)
Chicken breasts (5-6)
Turkey Italian sausage (5 links)
Ground turkey (1 pound)
Rotisserie chicken or sirloin steak
(for salads)
Chicken breakfast sausage (1 pound)
Eggs (18-24)
Plain Greek yogurt
Parmesan cheese
Shredded sharp cheddar cheese

THE AISLES

Canned pumpkin puree (2 cans)
Reduced sodium chicken stock
Quinoa
Diced tomatoes (2 cans)
Cannelini beans (2 cans)
Whole grain bread crumbs (you can
make these, too)
Spaghetti sauce
Vanilla protein powder (whey isolate
is best)
Vinaigrette-style dressing
Shredded coconut
Raw almonds and other mixed raw nuts
Sesame seeds
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Honey
Whole grain bread

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