



September 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 (3-4)
Grapefruit (2)
Mixed berries (fresh or frozen bag)
Avocado (5)
Tomatoes (3)
Cherry tomatoes (1 package)
Red peppers (3)
Green peppers (3)
Baby carrots (1 package)
Cucumbers (2)

Broccoli (1 head)
Carrots (6 large)
Baby carrots (1 package)
Celery (1 bunch)
White onions (5)
Red potatoes (5)
Sweet potato (1 large)
Garlic (fresh or jarred)
Mixed greens bagged salad (4 bags)
Bagged spinach (2 bags)
Green onions (1 bunch)

Proteins

Eggs (18-24)
Chicken breasts (6-8)
Lowfat cottage cheese
Plain nonfat Greek yogurt
Chicken thighs, boneless/skinless (1-2 pounds)

Salmon (1 pound)
Turkey polska kielbasa (2 packages)
Parmesan cheese
Shredded sharp cheddar cheese

The Aisles

Canned pumpkin puree (2 cans)
Reduced sodium chicken stock
Quinoa
Lentils
Diced tomatoes (3 cans)
Tomato paste (1 small can)
White wine
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Raw diced almonds, walnuts, pecans and other mixed raw nuts

Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Whole grain bread or English muffins
Whole grain or corn tortillas
Salsa