



JANUARY WEEKLY MEAL PLAN SHOPPING LIST #1

PROTEIN	VEGETABLES
<ul style="list-style-type: none"> • 0.25 lb. low-sodium turkey breast (such as Boar's Head) • Jar of natural unsalted peanut butter (such as Teddie's) • Jar of natural almond butter (such as MaraNatha or Justin's) • 1 package of chunk light tuna packed in water • 1 container hummus • 1 can low-sodium lentil vegetable soup (such as Amy's) • Bag of shelled edamame • Container of eggs • 1 can black beans • 1 package of chicken sausage (such as Aidells) • 4-5 chicken breasts (fresh or frozen) • Package of center cut bacon 	<ul style="list-style-type: none"> • 2 onions • 1 small bag of celery • 3 tomatoes • 1 container of mixed greens (such as Organic Girl 50/50 mix) • 16oz. bag whole carrots • 1 English cucumber • Package of scallions • Pint of sliced mushrooms • Bag of frozen corn • Bag of broccoli florets • 1 yellow bell pepper • 1 pint cherry tomatoes • 1 bag of fresh baby spinach • 1 package of baby red potatoes • 1 package fresh green beans • 1 package of arugula
DAIRY	FRUIT
<ul style="list-style-type: none"> • Carton of milk • Container of plain Greek yogurt • 1 package cheese slices • 1 small container feta cheese • 1 package of mozzarella cheese sticks • 1 bag of air popped popcorn • Package of Mexican blend cheese • 1 package freshly shaved parmesan • 1 ball of fresh mozzarella cheese 	<ul style="list-style-type: none"> • 3 apples • 1 pears • 1 bag of grapes • 1 bag frozen strawberries • 1 banana • 1 package dried cranberries • 1 package of applesauce • 2 limes
GRAINS	HEART-HEALTHY FATS
<ul style="list-style-type: none"> • Loaf of 100% whole wheat bread (such as Pepperidge Farms) • Container of old-fashioned oatmeal • Whole grain waffles (such as Van's) • Box of whole grain crackers (such as Triscuits Hint of Salt) • 1 whole wheat roll (from the bakery section) • 1 bag baked potato chips • 1 package whole wheat wraps • 1 package of brown rice • 1 package of wheat berries • 1 box whole wheat spaghetti • 1 package fresh whole wheat pizza dough 	<ul style="list-style-type: none"> • Bag of chia seeds • Small bag of chopped walnuts • Small bag of unsalted almonds • 1 container extra virgin olive oil • 2 avocados • 1 container peanut oil • 1 container toasted sesame oil • 1 container pesto
PANTRY/MISC. ITEMS	
<ul style="list-style-type: none"> • Jar of jam (such as Polaner All Fruit spread) • Container of 100% pure maple syrup • 2 Larabars • Jar of spicy mustard • Container of balsamic vinegar • Container of red wine vinegar • Container dried fruit, nut & seed trail mix • Bag of fresh garlic • Container of chili flakes • Container of chili powder • Container of cumin 	<ul style="list-style-type: none"> • Fresh ginger root • Container of soy sauce or liquid aminos • Container of dried oregano • Container of chipotle powder • Container of low-sodium vegetable broth • 1 package of light brown sugar • 1 container of hot sauce • 1 container balsamic glaze