

**JANUARY WEEKLY MEAL PLAN SHOPPING LIST #2**

<b>PROTEIN</b>	<b>VEGETABLES</b>
<ul style="list-style-type: none"> <li>1 jar of peanut butter</li> <li>1 packet almond butter (such as Justin's)</li> <li>Carton of ½ dozen eggs</li> <li>Can of low-sodium black beans</li> <li>1 lb. lean ground turkey breast (or 1 package extra firm tofu if using vegetarian option)</li> <li>1 fresh salmon filet</li> <li>1 package of chicken meatballs (such as Aidells – sub Gardein veggie meatballs if vegetarian)</li> </ul>	<ul style="list-style-type: none"> <li>6 medium sweet potatoes</li> <li>Package of fresh brussel sprouts</li> <li>Package of tri-colored bell peppers</li> <li>Package of frozen corn</li> <li>Package of mixed greens (such as Organic Girl)</li> <li>Pint of cherry tomatoes</li> <li>1 English cucumber</li> <li>1 red onion</li> <li>1 medium yellow onion</li> <li>1 package of shredded carrots</li> <li>28 oz. can unsalted, crushed tomatoes with basil</li> <li>1 small package of cilantro</li> <li>1 jar marinara sauce (such as Rao's)</li> <li>1 bunch asparagus</li> </ul>
<b>DAIRY</b>	<b>FRUIT</b>
<ul style="list-style-type: none"> <li>Container of milk (such as Silk soy milk and Califia Farms almond milk)</li> <li>Plain Greek or Skyr yogurt (such as Fage &amp; Siggis)</li> <li>Container of feta cheese (such as Athena)</li> <li>Package of Mexican blend cheese</li> </ul>	<ul style="list-style-type: none"> <li>Box of raisins</li> <li>1 Banana</li> <li>4 apples</li> <li>2 pears</li> <li>1/2 pint blueberries</li> <li>Unsweetened applesauce</li> <li>Package of dried cranberries</li> <li>1 lime</li> </ul>
<b>GRAINS</b>	<b>HEART-HEALTHY FATS</b>
<ul style="list-style-type: none"> <li>Old fashioned rolled oats (such as Quaker)</li> <li>Loaf of 100% whole wheat bread (such as Pepperidge Farms)</li> <li>Package or bulk bin purchase of granola (such as KIND, Erin Baker's and Michele's)</li> <li>Package of farro (sub brown rice or barley if you can't find farro)</li> <li>Bag of blue corn chips (such as Late July)</li> <li>100% whole wheat tortillas (such as Mission)</li> <li>Bag of multigrain pita chips (such as Stacy's)</li> <li>Package of quinoa</li> <li>Box of whole grain waffles (such as Kashi or Van's)</li> <li>Box of whole grain cereal (such as Quaker Oatmeal Squares)</li> <li>Box of graham crackers (such as Annie's)</li> <li>1 box whole wheat spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>Small package or bulk bin purchase of walnuts</li> <li>Small package or bulk bin purchase of almond slivers</li> <li>1 large or 2 small avocados</li> <li>Container of hummus (such as Tribe or Sabra)</li> </ul>
<b>PANTRY/MISC. ITEMS</b>	
<ul style="list-style-type: none"> <li>Light brown sugar</li> <li>Ground cinnamon</li> <li>Chili powder</li> <li>Cumin</li> <li>Paprika</li> <li>Honey</li> <li>Baking powder</li> <li>Maple syrup</li> <li>Earth Balance</li> <li>Vanilla extract</li> <li>Extra virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>Container of hot sauce</li> <li>Container of Balsamic Vinaigrette (such as Panera or Newman's Own)</li> <li>Greek seasoning (such as Cavenders)</li> <li>Bulb of garlic</li> <li>Jar of salsa</li> <li>Box of low sodium chicken broth (such as Pacific Foods)</li> <li>Package of dark chocolate chips</li> <li>1 KIND fruit &amp; nut bar</li> <li>1 frozen pizza (such as Amy's Roasted Vegetable or Newman's Own Margherita)</li> </ul>