

JANUARY WEEKLY MEAL PLAN SHOPPING LIST #3

PROTEIN	VEGETABLES
<ul style="list-style-type: none"> Carton of ½ dozen eggs 1 packet of peanut butter (such as Justin’s) Carton of ½ dozen eggs 2 cans low-sodium black beans 1 can low-sodium kidney beans 1 turkey or veggie burger (such as Amy’s) 2 boneless, skinless chicken breasts (sub Gardein meatless chicken tenders if vegetarian) 	<ul style="list-style-type: none"> 1 package of fresh baby spinach 1 package of fresh broccoli florets 1 parsnip 3 medium sweet potatoes (4 if making french fries from scratch, otherwise 1 package of Alexia sweet potato fries) 1 bunch of fresh cilantro 3 medium zucchinis 2 packages of tri-colored bell peppers 2 packages frozen corn 1 package of fresh kale 1 bunch green onions 1 red onion Pint of cherry tomatoes 1 package of frozen broccoli 1 lb. red potatoes 1 package fresh green beans
DAIRY	
<ul style="list-style-type: none"> Container of milk (such as Silk soy milk and Califia Farms almond milk) Plain Greek or Skyr yogurt (such as Fage & Sigg’s) Container of feta cheese (such as Athena) Package of Mexican blend cheese ¼ pound mozzarella cheese 1 package freshly grated parmesan 	
GRAINS	FRUIT
<ul style="list-style-type: none"> 100% whole wheat tortillas (such as Mission) Old fashioned rolled oats (such as Quaker) Box of whole grain cereal (such as Quaker Oatmeal Squares) Package or bulk bin purchase of granola (such as KIND, Erin Baker’s and Michele’s) Package of quinoa 100% whole wheat tortillas (such as Mission) Loaf of 100% whole wheat bread (such as Pepperidge Farms) 1 package brown rice 1 package blue corn chips (such as Late July) 1 package 100% whole wheat hamburger buns (such as Pepperidge Farms) 1 box 100% whole wheat mac and cheese (such as Annie’s) Container of panko breadcrumbs 	<ul style="list-style-type: none"> 2 Bananas 3 apples 3 pears 1 package frozen strawberries 2 oranges 1 package of grapes Small package or bulk bin purchase of dried cranberries Package of dried cranberries 3 limes
	HEART-HEALTHY FATS
	<ul style="list-style-type: none"> Small package or bulk bin purchase of chia seeds Small package or bulk bin purchase of walnuts Small package or bulk bin purchase of unsalted almonds Small package or bulk bin purchase of unsalted cashews Container of extra virgin olive oil 1 large avocado Container of hummus (such as Tribe or Sabra)
PANTRY/MISC. ITEMS	
<ul style="list-style-type: none"> Salt Ground pepper Can of refried black beans (such as Amy’s) Jar of salsa Ground cinnamon Vanilla extract Maple syrup Honey Italian seasoning Chipotle chili powder 	<ul style="list-style-type: none"> Earth Balance Extra virgin olive oil Container of hot sauce Container of balsamic vinaigrette (such as Newman’s Own) Sugar Box of low sodium chicken broth (such as Pacific Foods) Package of dark chocolate chips Jar of jam (such as Polaner All Fruit spread) Ketchup and mustard (such as Sir Kensington’s) Small package of flour 1 bulb of garlic