

JANUARY WEEKLY MEAL PLAN SHOPPING LIST #4

PROTEIN	VEGETABLES
<ul style="list-style-type: none"> • 1 jar of natural peanut butter (such as Teddie's) • 1 jar (or 2 small packets) almond butter (such as MaraNatha or Justin's) • Package of breaded chicken tenders (such as Applegate Farms or Gardein if vegetarian) • 1 can reduced sodium chickpeas • 1 container hummus • 1 half-dozen container eggs • 1 package pre-cooked meatballs (such as Aidell's) • 1 can reduced sodium black beans • 1 can reduced sodium kidney beans 	<ul style="list-style-type: none"> • 1 small bag of whole carrots • 1 small bag of celery • 1 lb. fresh brussel sprouts • 1 package of mixed greens • 1 small white onion • 1 small yellow onion • 1 small red onion • 1 container cherry tomatoes • 1 English cucumber • 1 bag fresh spinach • 1 container salsa • 1 red bell pepper • 2 medium zucchinis • 1 8 oz. package cremini mushrooms • 1 package frozen broccoli
DAIRY	FRUIT
<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 & Siggi's) • Container of whipped cream cheese (such as Philadelphia) • Small container feta cheese (such as Athena) • 1 bag shredded Mexican blend cheese • 1 package of cheese sticks (such as Cabot) • 1 container part-skim ricotta cheese • 1 package shredded part-skim mozzarella 	<ul style="list-style-type: none"> • 1 container or small bulk bin purchase of raisins • 2 pears • 3 apples • 1 bag grapes • 2 oranges • 4 bananas • Container of strawberries • 1 package dried cranberries • 1 small container tomato paste • 2 medium avocados
GRAINS	HEART-HEALTHY FATS
<ul style="list-style-type: none"> • Container of steel cut oatmeal (such as Quaker) • Container of old fashioned oatmeal (such as Quaker) • Package of 100% whole wheat bread (such as Pepperidge Farms) • Package of 100% whole wheat bagels (such as Thomas') • 1 small bag or bulk bin purchase of almond meal/flour • Package of whole wheat pita pockets (such as Joseph's) • 1 bag whole wheat penne • 1 package whole wheat tortillas (such as Mission or Trader Joe's) • 1 package of brown rice • 1 bag kettlecorn (such as BoomChickaPop) • 1 package whole grain crackers (such as Annie's or Triscuits) • 1 package whole wheat lasagna noodles (such as Barilla) 	<ul style="list-style-type: none"> • Small package or bulk bin purchase of chia seeds • Small package or bulk bin purchase of walnuts (such as California Walnuts) • Small package or bulk bin purchase of peanuts • Container extra virgin olive oil
PANTRY/MISC. ITEMS	
<ul style="list-style-type: none"> • Ground ginger • Ground nutmeg • Ground cinnamon • Vanilla extract • Maple syrup • Baking powder 	<ul style="list-style-type: none"> • 1 container low-sodium chicken broth • 1 can enchilada sauce • 1 bulb of garlic • Salt and pepper • Earth Balance • Jar of jam (such as Polaner All Fruit spread)
<ul style="list-style-type: none"> • 1 14.5 oz. can fire-roasted diced tomatoes with garlic • 1 (28-oz.) can unsalted crushed tomatoes • 1 jar marinara sauce 	