

SHOPPING LIST FOR MEAL PLANS

PRODUCE:

- apples, fresh
- apples, dried
- asparagus
- bananas
- basil
- berries
- broccoli
- butternut squash
- cranberries
- cucumber
- garlic
- ginger
- green beans
- kale
- leeks
- lemon
- lime
- lettuce
- mandarin oranges
- mangoes
- Medjool dates
- melon
- onion, white
- onion, red
- oranges
- peas
- potatoes, red skin
- potatoes, russet
- raisins
- scallions
- sweet pepper (1 rd, 2 grn)
- sweet potatoes

MEAT:

- bacon
- ground beef or turkey
- salmon
- whole chicken

DAIRY:

- butter
- cheddar cheese
- eggs
- milk
- mozzarella cheese
- parmesan cheese
- ricotta
- yogurt

BAKERY:

- corn tortillas
- whole grain bread

BAKING AISLE:

- whole wheat flour
- cornmeal
- cocoa powder
- coconut, shredded unsweetened
- active dry yeast
- baking powder
- baking soda
- cinnamon
- smoked paprika
- curry powder
- onion powder
- chili powder
- cumin
- oregano
- mustard powder
- salt
- sugar
- vanilla extract

OTHER AISLES:

- peanut butter
- walnuts
- almonds
- cashews
- sesame seeds
- brown rice cereal
- oats
- dried black beans
- dried pinto beans
- dried kidney beans
- dried chickpeas
- dried lentils
- white vinegar
- red wine vinegar
- rice vinegar
- olive oil
- coconut oil
- sesame oil
- soy sauce
- tahini (optional)
- chicken or vegetable broth
- canned whole tomatoes
- canned crushed tomatoes
- tomato sauce
- sundried tomatoes
- mayonnaise
- honey
- maple syrup
- applesauce
- brown rice noodles
- whole wheat pasta
- brown rice crisp cereal
- popcorn kernels
- whole grain crackers
- quinoa
- Kalamata olives
- tuna