

# HEALTHY MEAL PLAN GROCERY LIST

## PRODUCE

Lime  
Avocado  
Cucumber  
Grape tomatoes  
Bananas  
Peach  
Celery  
Apple  
5 jalapenos  
Green onions  
1 large yellow onion  
2 red onions  
Roma tomato  
Fresh garlic  
Green pepper  
Medjool dates  
1 large red bell pepper  
Strawberries  
Mixed greens  
A dozen sweet potatoes  
Guacamole  
Lemon juice

## MEAT/PROTEIN

12 chicken breast  
1.5 lb sausage  
Ground beef  
Assortment of cold cut  
meats for charcuterie board  
Bacon or turkey bacon  
Protein powder  
Whole wings  
Grilled chicken slices

## BAKING/SPICES/ SEASONINGS

Garlic powder  
Onion powder  
Oregano  
Cilantro  
Cumin  
Sage  
Parsley  
Dried dill  
Fresh chives  
Salt + pepper  
Flaked coconut  
Taco seasoning  
Nutmeg + cinnamon  
Flour  
Baking powder  
Gelatin  
Pure vanilla extract  
Nutritional yeast  
Pure maple syrup  
Olive oil

## CANNED GOODS

12 oz jar salsa verde  
12 oz jar salsa  
4 oz can green chilis  
1 can of tuna, drained  
2 cans diced tomatoes  
1 can tomato sauce  
3 cans black beans  
1 jar sliced pitted kalamata  
olives  
Pico de gallo

## CONDIMENTS/ DRESSINGS

Mayo  
Canenders greek dressing  
Greek vinaigrette dressing  
Honey or agave  
Balsamic vinegar  
Tessemaes buffalo sauce  
Honey BBQ wing sauce  
Favorite BBQ rub  
Dried cherries  
Low sodium chicken broth

## CHEESES

Assortment of cheeses for  
charcuterie board  
Feta cheese  
Shredded cheddar cheese  
Cream cheese  
Mexican cheese

## DAIRY/NON-DAIRY

Milk  
Strawberry Kefir  
Almond milk  
Unsweetened coconut milk  
Greek yogurt or sour cream  
A dozen eggs  
Almond butter  
Butter

## PASTA/RICE/NUTS/ GRAINS

Penne pasta  
Flax seed  
Brown rice  
Cauliflower rice  
Crackers for charcuterie  
board  
Spreads for charcuterie  
board  
Almonds  
Roasted + salted cashews  
Old fashioned oats

## OTHER

Taco shells or tortillas  
Tortilla chips  
Frozen corn  
Coffee  
Club soda