

GROCERY SHOPPING LIST

PRODUCE

- Lettuce*
- Tomatoes*
- Celery
- Carrots
- Onion
- Garlic
- Broccoli
- Raw veggies
- Potatoes
- Green beans
- Fruit for fruit cups
- Blueberries*
- Avocados*
- Lemon
- Cilantro*

MEAT

- Rotisserie chicken*
- Salmon
- Bacon*
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- Cheddar or Monterey Jack cheese*
- Mozzarella cheese*
- Yogurt
- Baked potato toppings (cheese, sour cream, etc.)
- Veggie dip or hummus
- _____
- _____
- _____
- _____

FROZEN

- Pizza dough
- Soft pretzels
- Peas
- Corn
- Sweet potato fries
- Dinner rolls
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BREAD

- Bread/rolls*
- Tortillas*
- Bagels
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHER

- Any additional salad/wrap/rice bowl ingredients
- Chicken broth
- Egg noodles
- Applesauce
- Tortilla chips
- Enchilada sauce
- Spaghetti
- Pizza/spaghetti sauce*
- Black beans*
- Baked beans
- Salsa
- Rice
- Oatmeal
- Granola
- Ranch dressing*
- Taco seasoning

***Repeat ingredient: Used in more than one meal this week**

MEAL PLANNER

| LUNCH | DINNER |
|-------|--------|
| S | |
| M | |
| T | |
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| S | |

| SHOPPING | BREAKFAST |
|--------------------------------|--------------------------------|
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| SNACKS |
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