JanYOUary Meal Plan Grocery List Bracket A {1200-1499}

Pantry
- ❏ 1 ⅓ c. old fashioned rolled oats
- ❏ Chia seeds
- ❏ Maple syrup
- ❏ Vanilla extract
- ❏ Decaffeinated hot tea bags
- ❏ Pecans
- ❏ Extra virgin olive oil
- ❏ Apple cider vinegar
- ❏ Dijon mustard
- ❏ 1 can black beans
- ❏ 1 (14.5oz) can fire roasted tomatoes
- ❏ 6 c. chicken stock
- ❏ Olive oil cooking spray
- ❏ Tomato sauce- homemade or no sugar added
- ❏ 1 c chickpeas
- ❏ 1 ½ c crushed tomatoes
- ❏ 1 can full fat coconut milk
- ❏ Hot sauce
- ❏ Liquid stevia
- ❏ 1 can pumpkin puree
- ❏ Popcorn kernels

Bakery
- ❏ Whole grain flatbread or wrap

Spices
- ❏ Cinnamon
- ❏ Baking powder
- ❏ Salt (Sea or Himalayan)
- ❏ Pepper
- ❏ Paprika
- ❏ Cumin
- ❏ Onion powder
- ❏ Garlic powder
- ❏ Dried oregano
- ❏ Chili powder
- ❏ Cayenne
- ❏ Red chili flakes
- ❏ Italian seasoning
- ❏ Parsley
- ❏ Pumpkin pie spice

Dairy
- ❏ Unsweetened vanilla almond milk
- ❏ 4 eggs
- ❏ 2 c. shredded mozzarella cheese
- ❏ Parmesan cheese
- ❏ 5 tsp butter or ghee
- ❏ ⅔ c shredded cheddar
- ❏ Blue cheese
- ❏ Lg container part skim ricotta cheese

Produce

- ❑ 2 c. berries + 1 c. strawberries
- ❑ 2 apples
- ❑ 2 pears
- ❑ 12 c. chopped kale (can sub spinach or mix both)
- ❑ 1 small bag matchstick carrots
- ❑ 2 small onions
- ❑ 12 cloves garlic
- ❑ 2 sweet potatoes (about 4 c.)
- ❑ 5 c ricotta cheese
- ❑ 1 Spaghetti squash
- ❑ Fresh basil
- ❑ 2 lemons
- ❑ Thyme
- ❑ Head of cauliflower
- ❑ 2 shallots
- ❑ 1 butternut squash
- ❑ Red onion

Meat

- ❑ 3 chicken breasts
- ❑ 24 slices nitrate free turkey bacon
- ❑ 1 ½ lb ground turkey
- ❑ 2 lb spicy Italian turkey/chicken sausage
- ❑ 1 ¼ lb boneless skinless chicken thighs

Frozen

- ❑ edamame (or sub with air popped popcorn)

Clean treat items:

- ❑
- ❑
- ❑
- ❑
- ❑

IF drinking Shakeology, add:

- ❑ 1 ½ c Frozen Cherries
- ❑ 1 apple
- ❑ 2 T unsweetened shredded coconut
- ❑ Peanut butter
- ❑ Cocoa powder
- ❑ Almond milk or water
- ❑ Ice
- ❑ Shakeology packets (recipes are for chocolate, vanilla, and cafe latte- use what you have!)

IF NOT drinking Shakeology, add:

- ❑ 4 c. Greek yogurt or low fat cottage cheese
- ❑ 3 c. berries of choice