

JanYOUary Meal Plan Grocery List Bracket D {2100-2300}

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 can chickpeas
- 1 ½ c crushed tomatoes
- 1 can full fat coconut milk
- Hot sauce
- Liquid stevia
- 1 can pumpkin puree
- Popcorn kernels
- Chocolate chips

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
- 6 eggs
- 2 c. shredded mozzarella cheese
- Parmesan cheese
- 5 tsp butter or ghee
- 2 c shredded cheddar
- Blue cheese
- Large container part skim ricotta cheese

Produce

- 2 c. berries + 5 c. strawberries
- 6 apples
- 2 pears
- 12 c. chopped kale (can sub spinach or mix both)
- 1 small bag matchstick carrots
- 2 bags baby carrots
- 2 cucumbers
- 2 green peppers
- 2 small onions
- 12 cloves garlic
- 4 sweet potatoes (about 8 c.)
- 5 c ricotta cheese
- 1 Spaghetti squash
- Fresh basil
- 2 lemons
- Thyme
- Head of cauliflower
- 2 Shallots
- 1 Butternut squash
- 2 Small red onions
- 4 c. brussels sprouts

Meat

- 3 chicken breasts
- 32 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:

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IF drinking Shakeology, add:

- 1 ½ c Frozen Cherries
- 1 apple
- 1 frozen banana
- 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
- 5 c. berries of choice