

GROCERY LIST FOR WEEK FOUR

HEALTHY MEAL PLAN DINNERS

Produce

- 1 cup fresh mushrooms
- 5 bell peppers
- 1 head of purple cauliflower
- 1 onion
- 1 zucchini
- 5 mini-potatoes
- 1 avocado, sliced
- 12 pieces spinach

Meat

- 2 packages of chicken sausage
- 1 pound chicken breast
- 1 1/4 pounds chicken breast cutlets
- 6 slices bacon
- 1/2 cup hot sauce (I use Frank's)

Packaged Foods/Spices

- BBQ spice
- 1.5 cups breadcrumbs, whole wheat
- 1 cup elbow macaroni, whole wheat
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 1/4 tsp black pepper
- 3/4 tsp dill
- 3/4 tsp parsley

Dairy

- 1 tbsp butter, low sodium
- 2 cups cheddar jack cheese
- 1 1/3 cup cheddar cheese, shredded
- 2/3 cup plain Greek yogurt, 2%
- 1 cup cottage cheese, 2%
- 1 egg