

GROCERY LIST FOR WEEK TWO

HEALTHY MEAL PLAN DINNERS

Produce

- 3 heads cauliflower
- 1/2 cup parsley
- 3/4 cup cilantro
- 4 tbsp garlic (about 10 cloves)
- 2 tbsp shallots or onions
- 1 jalapeno
- 2 limes
- 2 bell pepper
- 2 zucchini
- 1 Head broccoli or other vegetable
- 1/2 cup chopped green onions
- 2 cups baby spinach
- 1/4 cup basil fresh, or 1 tsp dried basil

Dairy

- 4 eggs
- 3/4 cup Greek yogurt, plain, 2%
- 3/4 cup 2% cottage cheese
- 2/3 cup parmesan

Meat

- 2 lbs. ground turkey
- 1 pound chicken thighs
- 2 pounds chicken breast

Packaged Foods/Spices

- 1/2 cup rolled oats
- 1 1/2 cup brown rice, dry
- 1 tsp vinegar
- 1 tbsp honey
- 1/2 cup sun-dried tomatoes no oil (or grape tomatoes)
- 12 ounces whole wheat noodles
- 3 cups low sodium chicken broth
- 1/3 cup avocado oil
- 1 tsp red pepper flakes
- 1/2 tbsp Italian seasoning
- 1 tsp oregano
- 1/4 tsp smoked paprika
- 1.5 tsp ground ginger
- 6 tbsp coconut aminos or low sodium soy sauce