

Grocery List

Produce (fruits, vegetables, herbs)

Dried Spices, Dressings & Condiments

Proteins (chicken, turkey, fish)

Frozen

Other (oils, sweeteners, tea, coffee, water)

Pantry Staples (grains, pastas, tomato sauce, beans, legumes, nuts, seeds)

Breads (sliced, pita, tortillas)

Dairy/Non-Dairy (milk, yogurt, nut milks)

Snacks (crackers, hummus, bars, popcorn)

Meal ideas for the week
