

Grocery List

Meal Plan #3

Produce:

Red onions
Sweet Potato
Avocados
Cilantro
Garlic
Limes
Green cabbage
Cherry tomatoes
Button mushrooms
Red pepper
Green pepper
Tofu
Ginger
Mint
Green onions
Carrots
Cucumber
Romaine
Celery

Bread/Pasta:

8in Flour tortillas
Corn tortillas

Canned Foods:

Black beans
10oz can Red enchilada sauce

Nuts/Dried Fruits/Chips:

Cashews

Condiments/Dressings:

Sriracha sauce

Meats/Seafood:

Ground beef
Frozen cooked shrimp
Chicken tenderloins
Chicken drumsticks

Asian Foods:

Low-sodium soy sauce
Sesame oil

Baking/Seasoning:

Olive oil
Cayenne pepper
Ground cumin
Salt
Black pepper
Honey
White Vinegar
Canola oil

Frozen Foods:

Edamame

Dairy/Cheese:

Cheddar cheese
Monterey Jack cheese
Light sour cream