

Grocery Planning Form

<i>Menu Item</i>		<i>Grocery List</i>
Breakfast and Midmorning Snack	<ol style="list-style-type: none"> 1. Protein Shake 2. Oatmeal Bar 3. 3. Soy yogurt and berries 	Plane Soy Yogurt
		Flaxseed Milk or Pea Milk
		Banana
		Dried Cherries
		Pumpkin seeds
		PB2 Powder
		Frozen berries
		Fresh and ground ginger
		Cinnamon
		Oats
Lunch	<ol style="list-style-type: none"> 1. Veggie sandwich + Edamame 2. Left Overs 	Sour dough bread
		Hummus
		Cucumber
		Lettuce
		Tomato
		Edamame
Midday and Evening Snack	<ol style="list-style-type: none"> 1. Orange and Hard Boiled egg 2. Popcorn 3. Chocolate banana ice cream 4. Soy yogurt and berries 	Eggs
		Orange
		Popcorn
		Chocolate PB2
		Coconut cream
		Cherry tomatoes
Dinner + Salad	<ol style="list-style-type: none"> 1. Enchiladas 2. Vegetable Pasta 3. Soup and corn bread 4. Something New: Chickpea Curry 	Balsamic dressing
		Tortillas
		Tomato sauce
		Peppers in Adobe sauce
		Cumin
		Garlic
		Dried Italian herbs
		Refried Beans
		Corn
		Vegetable Stock
		Avocado
		Jalapenos
		Onions
Notes: Ingredients with a line through them are found in the pantry or freezer and do not need to be purchased every week. Stock up on these items when they are on sale.		Tomato paste
		3 cans Diced Tomatoes
		Banza Pasta
		Nutritional yeast
		Zucchini and Summer Squash
		Carrots
		Bell peppers
		Portabella mushrooms