

MEAL PLAN & GROCERY LIST

THIS WEEK'S MEALS

MONDAY: RICE BOWLS
TUESDAY: TACOS
WEDNESDAY: PASTA & PESTO
THURSDAY: LEFTOVERS
FRIDAY: VEGGIES PAD THAI
SATURDAY: FRIED RICE
SUNDAY: BLUEBERRY MUFFINS

PROTEIN

GROUND BEEF
GROUND TURKEY
CHICKEN

PRODUCE

AVOCADOS
SALAD
SPINACH
PEAS & CARROTS (FROZEN)
SHALLOTS
SHREDDED CARROTS & BEAN
SPROUTS
LIMES

DRY GOODS

WHITE RICE
RICE NOODLES
GLUTEN-FREE PASTA
GLUTEN-FREE FLOUR
TACO SHELLS & TORTILLAS
GRANOLA

DAIRY/EGGS

EGGS
DAIRY-FREE SOUR CREAM
CHEDDAR CHEESE
PARMESAN CHEESE
COCONUT YOGURT
OAT MILK
GHEE

MISCELLANEOUS

HAND SOAP
LOTION
CHOPSTICK