

Faithful Workouts

Meal Plan #2: Grocery List

Vegetables:

- sweet potatoes- 2 large
- spaghetti squash- 1 large
- baby carrots- 2 bags
- broccoli- 2 medium heads
- cauliflower- 1 large head
- red onions- 2
- small peppers- one bag OR large peppers- 2
- celery- 5 stalks
- zucchini- 3 medium
- cucumber- 1
- pumpkin- 1 can
- spinach- 2 cups
- arugula- 2 cups

Fruit:

- bananas- 3

Grains:

- brown rice- 1 cup
- gnocchi- 1 package
- oats- 1 cup
- almond flour- 1/2 cup

Dairy:

- eggs- 8
- greek yogurt- 1 cup
- feta cheese- 1 small container

Spices and Herbs:

- cumin- 2 tsp
- chili powder- 2 tsp
- cayenne- 1/4 tsp
- thyme- 1/2 tsp
- cacao powder- 2 tbsp
- cinnamon- 1/2 tsp
- nutmeg- 1/2 tsp
- dried basil- 1/4 tsp
- dried mustard- 1/4 tsp
- dried dill- 1/4 tsp
- fresh basil- 1 bundle
- garlic- 2 cloves
- ginger- 1 medium size chunk

Cans:

- chick peas- 2 16oz cans
- black beans- 1 can
- pinto beans- 1 can
- coconut milk- 1 can
- crushed tomatoes- 1 large can

Other:

- olive oil- 2 cups
- cacao powder- 2 tbsp
- dark chocolate chips- 1/3 cup
- peanut butter- 1/3 cup
- balsamic vinegar- 1/2 cup
- mustard- 2 tsp
- red curry paste- small jar
- soy sauce- 2 tbsp
- sriracha- 1 tsp