

Faithful Workouts

Meal Plan #3: Grocery List

Vegetables:

- lettuce- 5 cups
- sweet potato- 1 medium
- cucumber- 1 small
- grape/cherry tomatoes- 1 pint
- bell pepper- 1 large
- carrots- 6 large
- zucchini- 2
- asparagus- 6 spears
- onion- 1 large

Fruits:

- lemon- 1
- lime- 2

Grains:

- quinoa- 2 cups
- tortillas- 2 small

Dairy:

- fresh mozzarella - 2 oz
- eggs- 4
- greek yogurt- 1.5 cups

Meat:

- chicken breast- 1.2 lb

Spices and Herbs:

- fresh basil
- cumin- 1 tbsp
- dried dill- 1 tbsp
- cilantro- 1 bunch
- garlic- 6 cloves

Other:

- red curry paste- 1 tsp
- vegetable/chicken broth- 8 oz
- olive oil- 1 cup
- balsamic vinegar- 1/2 cup
- white beans- 1 can
- black beans- 1 can
- coconut milk- 1 can
- marinara sauce- 1/3 cup