

# Summer Meal Plan to Get Back on Track Post Vacation

## Pantry & Fridge Staples:

*Check your pantry for these items before shopping*

- Salt
- Pepper
- Olive oil
- Canola oil
- Avocado Oil
- Balsamic vinegar
- White Wine Vinegar
- Mustard
- Mayonnaise
- Honey
- Natural peanut butter
- ¼ cup walnuts
- 3 cups quinoa
- 2 tsp. everything bagel seasoning
- 1 tsp. Italian seasoning
- ¾ tsp. garlic powder
- ½ tsp. dried thyme
- ¼ tsp. cardamom

**Tip:** *If you need to purchase spices, buy those you don't think you will use very often in the bulk section of the grocery store to save money and cabinet space.*

## Produce:

- 5 medium peaches
- 3 apples
- 3 pears
- 1 orange
- 3 limes
- 3 lemons
- 1 pt. strawberries
- 1 (6-oz.) container blackberries
- 1 (6-oz.) container raspberries
- 1 (6-oz.) container blueberries
- 7 avocados
- 4 cucumbers
- 3 tomatoes
- 2 pts. cherry tomatoes
- 1 summer squash
- 1 white onion
- 3 shallots
- 1 head garlic
- 2 cups summer squash
- 6 cups curly kale
- 2 (10-oz.) containers baby spinach
- 1 (10-oz.) containers mixed greens
- 1 (8-oz.) package string beans
- 1 celery rib
- 1 bunch chives

- 1 bunch oregano
- 1 bunch basil
- 1 bunch mint
- 1 bunch parsley
- 1 bunch cilantro

## Canned, Bottled & Dried Goods:

- 1 loaf whole-wheat bread
- 1 lb. whole-wheat penne
- 1 (16-oz.) jar roasted red peppers
- 2 (5-oz.) cans salmon
- 1 (12-oz.) bag dry-roasted unsalted almonds
- 1 (8-oz.) bottle balsamic glaze (optional, can make your own with balsamic vinegar if desired)

## Dairy Items:

- 1 (32-oz.) container low-fat plain Greek yogurt
- 1 (16-oz.) container low-fat plain Greek yogurt
- 1 (5-oz.) container nonfat plain Greek yogurt
- 1 (12-oz.) container crumbled feta cheese
- 1 (6-oz.) bag part-skim shredded mozzarella cheese
- 1 (4-oz.) container crumbled goat cheese
- 1 (4-oz.) container crumbled blue cheese
- 1 (8-oz.) block cheddar cheese
- 2 slices bacon

## Refrigerator & Freezer Items:

- 1 dozen eggs
- 1 lb. whole-wheat pizza dough
- 1 (16-oz.) bag frozen edamame in pods
- 1 (10-oz.) container roasted red pepper hummus

## Meat, Poultry & Fish:

- 1 lb. chicken cutlets
- 1 lb. boneless skinless chicken thighs
- 1 lb. salmon filet
- 12-oz. cooked extra-large shrimp (16-20 count)
- 2-oz. deli turkey