

# Flexitarian Meal Plan for Families

## Shopping List

### Pantry Staples:

*Check your pantry for these items before shopping*

- Salt
- Pepper
- Olive oil
- Avocado oil
- Canola oil
- Peanut oil
- Red wine vinegar
- Sherry vinegar
- Rice vinegar
- Reduced-sodium soy sauce
- Dijon mustard
- Rolled oats
- Panko breadcrumbs
- Peanut butter
- Brown sugar
- Maple syrup
- Vanilla extract
- Chili powder
- Cumin
- Garlic powder
- Italian seasoning
- Onion powder
- Crushed red pepper
- Paprika
- Ground cinnamon
- No-salt added taco seasoning

*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:

- 3 medium peaches
- 3 large pears
- 1 bunch bananas
- 1 pineapple
- 2 pints raspberries
- 1 pint blackberries
- 1 pint blueberries
- 3 avocados
- 2 limes
- 1 lemon
- 3 large cucumbers
- 1 head garlic
- 1 shallot
- 2 large red onions
- 2 large sweet onions
- 6 bell peppers, assorted colors
- 1 large tomato
- 1 pint cherry or grape tomatoes
- 1 (7-oz.) package sprouted mung beans
- 1 (5-oz.) package mixed greens
- 1 (5-oz.) package baby kale
- 1 (5-oz.) package baby spinach
- 2 heads romaine lettuce
- 1 large summer squash
- 1 celery stalk

- 1 small red cabbage
- 1 bunch scallions
- 1 bunch chives
- 1 bunch oregano
- 1 bunch basil
- 1 bunch mint
- 1 bunch parsley
- 1 bunch cilantro

### Grocery:

- 1 (12-oz.) bag dry-roasted unsalted almonds
- 1 (12-oz.) bag dried walnut halves
- 1 (12-oz.) bag pecans (for the Maple Granola, okay to substitute other nut option if desired)
- 1 (16-oz.) cannister peanuts
- 1 (5-oz.) bag nutritional yeast
- 1 package (10-in.) whole-wheat tortillas
- 1 package (8-in.) whole-wheat tortillas
- 1 package (8-in.) corn tortillas
- 1 loaf whole-wheat bread
- 1 (1-lb.) box whole-wheat rotini
- 1 (8-oz.) package dried wide rice noodles
- 1 (16-oz.) jar salsa
- 1 (10-oz.) jar tahini
- 2 (15-oz) can no-salt-added chickpeas
- 1 (15-oz.) can no-salt-added diced tomatoes
- 1 (16-oz.) can low-sodium "no-chicken" broth
- 1 (6-oz.) jar Kalamata olives
- 1 lb. whole-wheat pizza dough
- 1 (10-oz.) container roasted red pepper hummus
- 1 (6-oz.) package extra-firm tofu
- 1 (14-oz.) package extra-firm tofu
- 1 (8-oz.) container guacamole
- 1 (12-oz.) bag frozen riced cauliflower

### Dairy, Milk & Eggs:

- 2 (32-oz.) containers low-fat plain Greek yogurt
- 2 (32-oz.) containers low-fat plain kefir
- 1 (12-oz.) container crumbled feta cheese
- 1 (6-oz.) bag shredded Monterey jack
- 1 dozen eggs

### Meat, Poultry & Seafood:

- 1 lb. boneless, skinless chicken breast