

# Grocery LIST

## PROTEIN

- 2 chicken breasts
- 1 lb ground turkey
- 1 package turkey bacon
- 12 eggs

## DRY GOODS

- 2 cup brown rice (2 cups total)
- 1 box whole wheat penne
- 3 packs pizza dough (makes 6 small pizzas)

## PANTRY

- Olive oil
- Garlic
- Salt
- Pepper
- Lemon juice
- Marinara sauce
- Honey
- Peanut butter

WEEK \_\_\_\_\_

DATE \_\_\_\_\_

## DAIRY

- Feta cheese
- Shredded mozzarella
- Greek yogurt

## PRODUCE

- 1 cucumber
- 1 pint cherry tomatoes
- 2 bell peppers (used in stir fry + pasta salad)
- 1 carrot
- 1 bag spinach
- 1.5 lb red potatoes
- 2 avocados
- 2 bananas
- Strawberries
- Lemon

## OTHERS

- Printable meal planner ( in your Freebies Library!!)