

Your Fit Food Meal Plan Shopping List

Week 1

Produce (Fresh)

- Apple, 1
- Arugula, 3 cups
- Basil, 1 bunch
- Banana pepper, 1
- Bell pepper, 1
- Cole slaw, 1/2 cup prepared
- Green beans, 1/2 cup
- Green onions, 1
- Lettuce, 3 cups (1 head)
- Mushrooms, portabella, 2
- Onions, 3 small or medium; white, yellow or red
- Orange, 1
- Pear, 1
- Potato, 1 large
- Raspberries, 1/2 pint
- Tomatoes, 2 small

Meat & Protein

- Bacon, 4 slices
- Black beans, 1 can
- Chicken breasts, 16 ounces cooked
- Eggs, 6
- Pepperoni, 4 slices
- Pork chops, 8 ounces cooked
- Shrimp, 3 ounces cooked
- Steak, 3 ounces cooked
- Tilapia, 3 ounces cooked

Dairy

- Cheddar cheese slices, 8 ounces
- Cream cheese, low-fat, 1 tablespoon
- Feta cheese, 3 ounces
- Greek yogurt, plain, 6-ounce container
- Milk, 1 quart
- Mozzarella cheese, 8 ounces
- Parmesan cheese, 1 can
- Provolone cheese, 2 slices
- Swiss cheese, 1/2 ounce

Produce (Frozen)

- Brussels sprouts, 1 cup
- Corn, 1 can or 1/2 cup
- Green Giant Healthy Heart Blend
- Frozen Vegetables, 1 package
- Green Giant Healthy Weight Blend
- Frozen Vegetables, 1 package
- Green Giant Digestive Health Frozen
- Vegetables, 1 package
- Hash browns, 1 serving (or 1 small potato, shredded and cooked)

Grains

- Bread (whole-grain), 1 loaf
- Brown rice, 1 heat-and-eat packet
- Tortillas (whole-grain, 6 inches), 1 package
- Couscous (whole-wheat), 1/2 cup
- English muffin, 1
- Hoagie bun, 1
- Oats, 1 cup or 2 packets instant oatmeal
- Pasta (whole-grain), 1 box
- Pita (whole-grain), 1
- Rolls (whole-grain), 2

Pantry Items

- All-fruit jam
- Almonds
- Balsamic vinegar
- Balsamic vinaigrette
- BBQ sauce
- Butter or margarine
- Caesar dressing
- Cajun seasonings
- Cider vinegar
- Cinnamon
- Hummus
- Italian herbs
- Marinara sauce
- Olive oil
- Orange juice
- Peanut butter
- Powdered sugar
- Salsa
- Tomato soup, 1 can or box
- Walnuts

Week 2

Produce (Fresh)

- Asparagus, 1 cup
- Avocado, 1
- Bananas, 2
- Basil, 1 bunch
- Bell pepper, 1
- Berries, 1/2 cup
- Broccoli slaw, 1 cup
- Carrots, 2
- Celery, 1 stalk
- Cilantro, 1 bunch
- Garlic, 1 head
- Lime, 1
- Onion, 2 small
- Pear, 1
- Potato, 1 small
- Romaine, 1 head
- Snow peas, 1 cup
- Tomatoes, 1 small and 1/2 cup cherry

Meat & Protein

- Bacon, 2 slices
- Beef (extra lean), 8 ounces cooked
- Chicken breasts, 15 ounces cooked
- Eggs, 4
- Pepperoni, 2 slices
- Salmon, 4 ounces fresh/frozen or 3 ounces canned
- Tofu, 3 ounces
- Turkey burger, 4 ounces uncooked

Dairy

- Cottage cheese, 1 cup
- Feta cheese, 1 ounce
- Greek yogurt, plain, 6-ounce container
- Milk, 1 quart
- Mozzarella cheese, 1 ounce
- Parmesan cheese, 1 ounce

Produce (Frozen or Canned)

- Green Giant Antioxidant Blend Frozen Vegetables with Olive Oil Seasoning, 3 packages
- Green Giant Healthy Heart Blend Frozen Vegetables, 1 package
- Peaches, 1 can
- Peas, 1/2 cup

Grains

- Bread (whole-grain), 2 slices
- Brown rice, heat-and-eat (frozen or boxed), 1.5 cups
- Bun (whole-grain), 2
- Couscous (whole-wheat), 1/2 cup
- English muffin (whole-grain), 1
- Oats, 1/2 cup
- Pasta (whole-grain), 1 box
- Quinoa, 1/2 cup
- Ravioli, frozen, 1 package
- Roll (whole-grain), 1
- Waffles (whole-grain frozen), 2

Pantry Items

- Almond butter
- BBQ sauce
- Blue cheese dressing
- Butter
- Cinnamon
- Flour
- Herbs (dried rosemary and thyme)
- Hot sauce
- Jam, all-fruit
- Lemon juice
- Mango salsa
- Maple syrup
- Marinara sauce
- Olive oil
- Oregano
- Pesto
- Ranch dressing
- Sesame seeds
- Sesame-ginger dressing
- Soy sauce
- Vegetable soup, 1 can

Week 3

Produce (Fresh)

- Avocados, 2
- Banana, 1
- Banana pepper, 1
- Bell pepper, 1
- Berries, 1/2 cup
- Broccoli, 2 cups
- Cauliflower, 1 cup
- Cilantro, fresh, 1 bunch
- Kale, 2 cups
- Lime, 1
- Mushrooms, 1 cup
- Onions, 1 large, white or yellow
- Potato, 1 small
- Spinach, 3 cups
- Sweet potato, 1 small
- Tomatoes, 1 cup diced and 1 small

Meat & Protein

- Bacon, 1 slice
- Beef, lean, 4 ounces cooked
- Black beans, 1 cup
- Breakfast sausage, 1 patty
- Chicken breasts, 12 ounces cooked
- Chicken sausage, ready-to-eat, 1 link
- Eggs, 8
- Shrimp, frozen and ready-to-eat, 6 ounces cooked
- Soy meatballs, 1 serving
- Tuna, packed in water, 3 ounces

Dairy

- Cheddar, shredded, 3 ounces
- Cream cheese, reduced-fat, 2 ounces
- Greek yogurt, plain, 1 quart
- Mozzarella cheese, 1 ounce
- Parmesan cheese, 1 ounce
- Swiss cheese, 1 ounce

Produce (Frozen or Canned)

- Green Giant Healthy Vision Blend Frozen Vegetables, 1 package
- Green Giant Digestive Health Blend Frozen Vegetables, 1 package
- Green Giant Antioxidant Blend Frozen Vegetables with Olive Oil Seasoning, 1 package
- Peaches, 1 cup

Grains

- Bread (whole-grain), 1 loaf
- Brown rice, heat-and-eat (frozen or boxed), 2 cups cooked
- Oats, 1/2 cup
- Pasta (whole-grain), 4 ounces
- Pitas (whole-grain), 2
- Tortillas (whole-grain, 8 inches), 2

Pantry Items

- Almonds, 2 tablespoons
- Baking powder
- Broth, vegetable, low-sodium, 1 can
- Butter
- Chili, 1 can
- Dijon mustard
- Granola
- Herbs (dried rosemary, thyme, or sage)
- Honey
- Marinara sauce, 1 jar
- Olive oil
- Peanut sauce
- Salsa, 1 cup
- Taco seasoning
- Vanilla extract

Week 4

Produce (Fresh)

- Bananas, 2
- Basil, 1 bunch
- Berries, 2 cups
- Cilantro, 1 bunch
- Kale, 1 cup
- Mixed greens, 4 cups
- Onions, 3 medium
- Orange, 1
- Parsley, flat-leaf, 1 tablespoon
- Romaine, 2 leaves
- Rosemary, 1 bunch

Meat & Protein

- Black beans, ½ cup
- Chicken breasts, 12 ounces cooked
- Eggs, 4
- Pork tenderloin, 3 ounces cooked
- Roast beef, deli-style, 3 ounces
- Salmon, 4 ounces fresh or 3 ounces canned
- Sausage, chicken, ready-to-eat, 1 link
- Steak, 4 ounces cooked
- Tilapia, 4 ounces cooked
- Turkey, deli-style, 3 ounces
- Turkey, ground, 3 ounces cooked
- Turkey bacon, 3 slices

Dairy

- Cheddar cheese, 6 ounces
- Feta cheese, 1 ounce
- Greek yogurt, plain, 1/2 cup
- Milk, 2 cups
- Mozzarella cheese, 2 ounces
- Provolone cheese, 1 ounce

Produce (Frozen or Canned)

- Green Giant Antioxidant Blend Frozen Vegetables with Butter Sauce, 2 packages
- Green Giant Antioxidant Blend Frozen Vegetables with Olive Oil Seasoning, 1 package
- Green Giant Healthy Heart Blend Frozen Vegetables, 1 package

Grains

- Bread, whole-grain, 2 slices
- Brown rice, heat-and-eat (frozen or boxed), 2 cups
- Crackers (whole-grain), 1 serving
- Frozen waffles (whole-grain), 2
- Hot dog bun (whole-grain), 1
- Ravioli, frozen, 1 serving
- Pizza dough (whole-grain), 1 serving
- Roll (whole-grain), 1
- Tortillas (corn, 6 inches), 4
- Tortillas (whole-grain, 8 inches), 4

Pantry Items

- BBQ sauce
- Chipotle peppers, canned in adobo sauce
- Dried cranberries
- Maple syrup
- Marinara sauce
- Olive oil
- Orange marmalade
- Peanuts
- Peanut butter
- Red wine vinegar
- Salsa