

Meal Planning Shopping List

LIFE INTWENTYS

BREAKFAST

- Peanut Butter Sandwiches
- Protein Bars and Granola
- Flavoured Yogurt
- Instant Oatmeal
- Pancakes and Muffins
- Egg Burritos
- Frozen Fruit Mix
- Bread and honey
- Chia Seed Pudding
- Cheese and Sausage
- Fruit Smoothies

DRINKS AND BEVERAGES

- Coffee/ Tea
- Orange/ Apple juice
- Sparkling water
- Kombucha
- Coconut Water
- Energy Drinks
- Root Beer
- Flavored Soda

DINNER

- Frozen Meatballs
- Chicken breast and Vegetables
- Mashed Potatoes with Gravy
- Chicken Pasta with Sauce
- Veggie Steamer bags
- Frozen Pizza/ Pizza bites
- Protein Shake with Peanut Butter

PROTEIN SOURCE

- Chicken breast
- Lean ground beef or turkey
- Eggs and Milk
- Lunch meat
- Quinoa and Sweet Potatoes
- Parmesan and Goat Cheese
- Tofu/ Tempeh

LUNCH

- Premade salads + Sauce
- Vegetables and Hummus
- Cut celery and Salad dip
- Turkey/ Chicken Sandwich
- Tuna and Mayo Sandwich
- Sweet Potato Fries with Yogurt
- Tortillas and Sausage

SNACKS

- Cheese sticks and Granola bars
- Cookies and Chocolate
- Mixed Nuts and Trail Mix
- Ice cream & Hot Chocolate
- Rice Krispies Cereal
- Mug cakes and Popcorn
- Pretzels/ Croissants/ Donuts

CONDIMENTS

- Salad Dressing
- Seasonings
- Oil/ Vinegar/ Lemon Juice
- Ketchup/ Mayonnaise/ Mustard