

Protein Packed Meals Shopping List

46 Total Items

Protein

- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Poultry/Chicken, Ground, 16 Ounce
- 1 Store Brand Eggs, 1 Dozen
- 2 Canned Black Beans, Reduced Sodium, 15 Ounce
- 1 Cannellini Beans, Canned
- 1 Pinto Beans, Dried, 16 Ounces
- 1 Kidney Beans, Dark Red, 15 Ounce

Vegetables

- 1 Squash, Yellow, 1 Count
- 1 Tomato Sauce, 8 Ounce
- 1 Tomato (Roma), Whole, 2 Count
- 1 Scallions, 1 Bunch
- 1 Peas (Sweet), Canned, 15 Ounce
- 1 White Onion, 1 Count
- 2 Mushrooms (White), Whole, 10 Ounce
- 1 Cucumber, 1 Count
- 2 Store Brand Canned Corn, Low Sodium, 15 Ounce
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Green Pepper, 1 Count
- 4 Red Pepper, 1 Count
- 3 Sweet Onion, 1 Count
- 1 Mixed Vegetables Blend, Frozen, 12 Ounces
- 1 Tomatoes, Sliced and Stewed, No Salt Added, 14.5 Ounce
- 1 Celery, 1 Bunch
- 1 Fresh Garlic (1 Bulb)

Fruits

- 1 Raisins, 16 Ounce
- 1 Lemon, Whole, 1 Count
- 1 Gala Apple Bag

Dairy

- 2 Store Brand Shredded Cheddar Cheese, Reduced Fat, 8 Ounce

Grains

- 1 Pasta, Penne, Whole Wheat, 16 Ounce
- 1 Quinoa (White), Dried, 32 Ounce
- 1 Hamburger Buns, Whole Wheat, 8 Count
- 2 Brown Rice, 16 Ounce

Other

- 1 Salsa, Low Sodium, 16 Ounce
- 1 Peanut Butter, Creamy, 16 Ounce
- 1 Broth (Chicken), Lower Sodium, 32 Ounce

