

# MEAL PLANNING

## SHOPPING LIST

momsbyheart.net

### Rotation #3 (breakfast, lunch & snacks)

#### Produce

- Garlic
- Cremini Mushrooms (16 oz)
- Baby Spinach (4 c)
- Roma Tomatoes (2)
- Avocado (2)
- Cilantro (1 bunch)
- Carrots (1 lb)
- Bananas (1 bunch)
- Onion (1)
- Jalapeno (1)
- Lime (1)
- Fruits and Veggies for snacks and sides (whatever looks good)

#### Meat

- Turkey Bacon
- Chicken Breast (8)

#### Canned/Baking/Middle Aisles

- Flour (5 lb bag)
- Sugar (4 lb bag)
- Pumpkin Puree (15 oz can)
- Fine Egg Noodles (16 oz)

- Chicken Bouillon Cubes (12) or equivalent (I love Better Than Bouillon Chicken Base from Costco)
- Peanut Butter
- Semi Sweet Mini Chocolate Chips (1 bag)
- Tortilla Chips (1 bag)
- Whole Tomatoes (28 oz can)
- Rotel Diced Tomatoes & Green Chiles (2 10-oz cans)
- Vegetable Oil
- Chopped Walnuts (1 c)

#### Bread/Cereal

- Quick Cooking Oats (I recommend [Vitacost](#) gluten-free and non-GMO oats at a great price)
- White Flour Tortillas (8-12)
- Whole Wheat Tortillas (12)

#### Dairy

- Milk
- Eggs (14)
- Butter (1 c)
- Mozzarella (2 c)
- Sour Cream (2 c)