

## No Oven Real Food Meal Plan Grocery List

### Fruit/Vegetables

Poblano or Jalapeno pepper  
Lettuce or Spring Mix,  
Celery  
Onion, 1 large white  
Avocados, 3  
Corn, 16 oz  
Strawberries, 1 pound  
Lemon, 1

Bell pepper, 2  
Potatoes, 8 large  
Broccoli, 2 large heads  
Cucumbers , 3  
Green onions, 1 bunch  
Garlic  
Apples, 6  
Oranges, 5

### Dairy

Butter, 2 sticks  
Parmesan cheese, 4 oz  
Yogurt, 32oz Whole Milk, plain

Monterrey Jack cheese, 16 oz  
Sour cream, 8oz  
Whole Milk, 1 Gallon

### Protein

Eggs, 18 ct  
Ground beef, 2 pounds  
Bacon, 1/2 pound

Bratwurst sausage, 5 links  
Whole chicken  
Sliced deli ham, 1/2 pound

### Grains

Hotdog buns  
Large flour tortillas, 8 count

Whole wheat bread  
Hamburger buns  
Oatmeal, Old Fashioned

### Pantry Staples/Condiments

Mustard  
Raisins, 4 oz  
Tortilla chips  
Black beans, 16 oz  
Poppy seeds  
Mayonnaise  
Apple Cider Vinegar  
Herbs: Cumin, Dried Cilantro, Dried Parsley

(Purchase as needed)  
Dried cranberries, 4 oz  
Walnuts, 3 oz  
Taco seasoning  
Pasta sauce, 1 jar  
Caesar dressing  
Honey  
Bread and Butter Pickles, 24 oz  
Maple syrup

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