

WEEKLY GROCERY LIST

► mama reset ◀

HEY MAMA,

A quick note about your weekly grocery list.

QUANTITIES:

Please adjust quantities according to your family size and number of servings desired. Quantities are not included in lists.



STAPLES:

To avoid repetition, grocery lists DO NOT include staples we assume you have on hand at all times:

- butter and oil
- dried herbs and ground spices
- bread of choice
- boxed broth
- maple syrup, honey or sweetener of choice
- flour, baking soda, baking powder, etc.
- garlic and onions
- your own favourite fresh fruit and salad items

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Week 1

Protein + Dairy

- Eggs
- Chicken breasts
- Steak
- Goat cheese
- Yogurt or non-dairy yogurt
- Milk or non-dairy mylk
- Parmesan cheese
- Natural peanut butter
- Hummus or other dip
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Grains + Pantry

- Dark chocolate chips
- Puy (French) lentils, dried
- Old-fashioned rolled oats
- Penne or rigatoni, dried
- Almond flour
- Brown rice
- Whole grain burger buns
- 10" tortillas
- Soy sauce
- Flaxseed, ground
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Veggies + Fruits

- Avocado
- Asparagus
- Lemons
- Lacinato kale
- Garlic
- Yellow onions
- Parsley, fresh
- Bananas
- Berries, frozen +/- fresh
- Apples
- Tomatoes
- Corn on the cob
- Green leaf lettuce
- Baby spinach or salad greens
- Bananas
- Berries, frozen +/- fresh
- Favourite veggies for dipping
- Favourite fresh fruit
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