

# KID FRIENDLY EXTRA VEGGIES MEAL PLAN

## *Grocery List*

### FRUITS & VEGETABLES

- Canned Pineapple (in Juice)
- Kiwi
- Banana
- Strawberries and Blueberries
- Grapes and Apples
- Avocado
- Bell Peppers
- Tomatoes
- Cauliflower
- Broccoli
- Cucumber and Carrots
- Zucchini
- Celery
- Lemons or Limes
- Red or Yukon Gold potatoes
- Garlic
- Onion and Green Onion
- Jalapenos
- Leafy Greens
- Herbs – Cilantro, Basil, Mint, and Parsley
- Frozen Edamame
- Green Chilies (Canned)
- Canned Tomatoes (Diced)

### DAIRY & NON-DAIRY PROTEIN

- Eggs
- Cream Cheese
- Shredded Cheese (or Vegan Cheese)
- Greek Yogurt
- Ground Turkey
- Chicken Breasts (Boneless, Skinless)

- Canned Tuna
- Non-Dairy Milk
- Pea Protein or Collagen Powder

### PANTRY STAPLES

- Hummus
- Real Mayo
- 100% Fruit Preserves
- Almond Butter or Peanut Butter (Natural)
- Dried Fruit
- Nutritional Yeast
- Chia Seed
- Vanilla Extract
- Coconut Sugar or Sugar Substitute
- Gluten Free Rolled Oats
- Honey or Maple Syrup
- Coconut Flakes
- Olive Oil or Coconut Oil (Cold Pressed)
- Canned Chickpeas
- Canned Coconut Milk
- Raw Almonds, Cashews, Nuts, etc.
- Coconut Flour/Almond Flour
- Baking Powder/Baking Soda
- Spices/Dried Herbs
- Sea Salt/Black Pepper

*cotter*  
CRUNCH