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)

PANTRY STAPLES
• Canned Tuna
• Non-Dairy Milk
• Pea Protein or Collagen Powder
• 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