

Weekly meal plan with grocery list



Breads and grains

- ◯ multigrain toast,
- ◯ whole grain rolls,
- ◯ rice cakes,
- ◯ sourdough bread,
- ◯ brown rice or pasta,
- ◯ oatmeal,
- ◯ rice flour,
- ◯ couscous

Vegetables

- ◯ arugula,
- ◯ tomato,
- ◯ chives,
- ◯ onion,
- ◯ canned corn,
- ◯ tomato puree,
- ◯ beans,
- ◯ leek,
- ◯ carrots,
- ◯ celery,
- ◯ radishes,
- ◯ corn kernels,
- ◯ red lentils,
- ◯ frozen mixed vegetables,
- ◯ canned or dried chickpeas,
- ◯ olives,
- ◯ hummus,
- ◯ mushrooms

Fruit

- ◯ apples,
- ◯ banana,
- ◯ raisins, dates and dried apricots,
- ◯ kiwi,
- ◯ frozen strawberries,
- ◯ fruit syrup

Ready-made products

- ◯ oat milk
- ◯ almond milk,
- ◯ nori sheets,
- ◯ soy yogurt,
- ◯ cane sugar,
- ◯ apple cider vinegar,
- ◯ tofu,
- ◯ peanut butter,
- ◯ jam,
- ◯ gelatin dessert mix

Spices

- ◯ basil,
- ◯ oregano,
- ◯ marjoram,
- ◯ black pepper,
- ◯ hot paprika,
- ◯ smoked paprika,
- ◯ curry powder

Meat and other animal products

- ◯ turkey breast,
- ◯ chicken breast,
- ◯ feta,
- ◯ shrimp,
- ◯ salmon or trout fillet,
- ◯ smoked salmon,
- ◯ farmer's cheese,
- ◯ ground meat,
- ◯ organic eggs

Listonic

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