

2 Star Seasonal Affective Disorder

Support Meal Plan Shopping List

Grains & Carbs

- Rolled Oats (18 oz)
- Pasta (penne or shells) (1 lb)
- Orzo (1 lb)
- Brown Rice (1 lb)
- Bread (whole wheat or white) (1 loaf)
- Flour (2 lb)
- Potatoes (5 lb bag)
- Sweet Potatoes (3 medium)

Dairy & Eggs

- Milk (whole or 2%) (1 gallon)
- Butter (1 lb)
- Plain or Vanilla Yogurt (32 oz tub)
- Eggs (12 ct)

Cheeses

- Shredded Cheddar (8 oz)
- Mozzarella (8 oz)
- Parmesan-style Cheese (8 oz)

Vegetables

- Frozen Broccoli Florets (1 lb)
- Frozen Mixed Vegetables (1 lb)
- Spinach (fresh bag) (8 oz)
- Onions (3 lb bag)
- Carrots (1 lb bag)
- Garlic (1 head)
- Apples (2-3)

Canned & Pantry

- Canned Tuna (3 cans)
- Chickpeas (2 cans)
- Diced Tomatoes (2 cans)
- Lentils (dry) (1 lb)