

★ The Postpartum Meal Plan

Shopping List ★

Produce, Meat, and Dairy

- Ground beef (2 lb)
- Boneless skinless chicken thighs (3 lb)
- Pink salmon (2 cans, 14.75 oz each)
- Eggs (36 count)
- Red lentils (1 lb)
- Black beans (2 cans, 15 oz each)
- Whole milk (1 gallon)
- Plain nonfat Greek yogurt (32 oz)
- Sharp cheddar (32 oz)
- Mozzarella string cheese (12 count)
- Mandarins (4 bags, 3 lb each)
- Red bell peppers (6)
- Bananas (4)

Produce and Frozen

- Sweet potatoes (1 bag, 3 lb)
- Cucumbers (2)
- Yellow onion (1)
- Frozen chopped spinach (2 bags, 16 oz each)
- Frozen broccoli cuts (2 bags, 12 oz each)
- Frozen whole strawberries (2 bags, 16 oz each)
- Frozen whole kernel corn (1 bag, 12 oz)

Pantry and Grains

- Pepitas/pumpkin seeds (8 oz)
- Raisins (12 oz)
- Creamy peanut butter (16 oz)
- Unsweetened cocoa (8 oz)
- Honey (12 oz)
- Long-grain enriched rice (16 oz)
- Thick and chunky salsa (2 jars, 16 oz each)
- Restaurant-style tortilla chips (13 oz)
- Tomato paste (6 oz)
- Reduced-sodium chicken broth (32 oz)
- Ketchup (24 oz)
- Soy sauce (15 oz)
- Taco seasoning (1 oz)
- Toasted oat cereal (18 oz)
- Instant old-fashioned oats (18 oz)
- Large burrito flour tortillas (8 count)
- White pita bread (6 count)
- Sweet Hawaiian rolls (12 count)
- Whole-wheat bread (20 oz)