

## WHAT'S FOR DINNER? Easy Meal Prep Ideas for Busy People (GROCERY LIST for Items Listed In Book)

[www.tinuyurl.com/jennybooks](http://www.tinuyurl.com/jennybooks)

### Meats

- Ground beef, ground turkey, ready-made lean beef patties (chili, spaghetti sauce, burgers)
- Precooked whole chicken (or two – lunch meats, quesadilla, and soups)
- Small Shrimp Rings
- Lean proteins your choice (fish, beef, loin, chicken, shrimp, scallops)
- Back Bacon/bacon
- Smoked Salmon (optional)

### Dairy Section/Refrigerated/Frozen

- Eggs (hard boil some, have some on hand for other meals)
- Shredded Cheese (for assorted dishes)
- Laughing Cow Cheese
- Greek Yogurt (Plain)
- Almond Milk
- Cottage Cheese (1%)
- Mozza Cheese
- Frozen Corn/peas
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### Isles

- Spaghetti sauce
- Chicken stock
- Raw almonds, shaved almonds, walnuts, pumpkin seeds, sunflower seeds (not salted), flax seeds, hemp hearts
- Dill Pickles
- Canned Tuna
- 1-2 Cans Kidney Beans
- 1-2 Cans Brown Beans
- 2 Canned Whole Tomatoes
- Salsa
- Wild Rice/Quinoa
- Hummus
- KIND Bars or other (read labels)

### Veggies

- Spaghetti Squash

- Veggie tray/fruit tray
- Veggies for soups and egg muffins (your choice)
- Cucumbers
- Celery (for scoops)
- Peppers
- Onions
- Mushrooms
- Avocado
- Cauliflower (for mash)
- Asparagus
- Assorted salad greens – lettuce, romaine, spinach, kale – your choice
- Potatoes/ root veggies

### Fruits

- Bananas, berries, apples, kiwis
- Frozen berries for smoothies
- Frozen fruits for infused water drinks
- Lemons/limes
- Tomatoes

### Breads & Cereals

(compare brands by reading labels)

- Wraps
- Pitas
- Burger Buns
- Oatmeal (Roger's) – Can be ground for protein pancakes & used for breakfast too

### Spices

- Vanilla
- Cinnamon
- Protein Powder (optional)
- Olive Oil
- Garlic Salt/Garlic Powder
- Cumin
- Dried Peppers
- Montreal Steak Spice
- Italian Spice
- Coconut Oil (shrimp is great in this too!)
- Sparkling Water
- Teas

\*You will need to trial and error amounts based on your personal needs (family size and likes/dislikes).