



the **FRESH 20**

BUILD A MEAL PLAN

BUILD A MEAL PLAN SHOPPING LIST

LIST 3 PROTEINS

- _____
- _____
- _____

CHOOSE AT LEAST 8 VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ADD 2 TYPES OF FRUIT

- _____
- _____

MIX IT UP WITH 2 FRESH HERBS

- _____
- _____

INCLUDE A GRAIN AND/OR PASTA

- _____
- _____

ANY DAIRY?

- _____
- _____

EVERYTHING ELSE

- _____
- _____
- _____
- _____
- _____

RECIPE IDEAS

GROCERY LIST

MEAT					
BEEF OR BISON	POULTRY	PORK	MISC	FISH	SEAFOOD
Ground Beef	Breast	Sausage	Lamb	Halibut	Clams
Chuck Roast	Cutlet	Tenderloin	Duck	Red Snapper	Crab
Top Sirloin	Thigh	Chops	Liver	Salmon	Mussels
Brisket	Apple Sausage	Roast		Sole	Scallops
Skirt Steak	Drumsticks	Bacon		Tilapia	Scallops, Bay
Ribeye Steak	Ground	Ham		Trout	Shrimp
	Whole			Tuna	
				Mahi Mahi	

FRESH PRODUCE				DAIRY	
FRUIT	VEGETABLES	VEGETABLES	FRESH HERBS	MILK	CHEESE
Apples	Arugula	Leeks	Basil	Butter	Blue Cheese
Blackberries	Asparagus	Lettuce	Chives	Buttermilk	Cheddar
Cantaloupe	Avocado	Mushrooms	Cilantro	Cream	Cheddar, White
Cherries	Bell Peppers	Onion	Dill	Eggs	Feta Cheese
Grapes, red	Bok Choy	Parsnips	Flat Leaf Parsley	Greek Yogurt	Goat Cheese
Honeydew Melon	Broccoli, florets	Peas	Ginger Root	Half and Half	Gouda
Jicama	Brussels Sprouts	Potato	Mint	Milk	Swiss Cheese
Lemons	Cabbage	Pumpkin, sugar	Oregano	Sour Cream, low fat	Monterey Jack
Limes	Carrots	Radicchio	Rosemary		Parmesan
Mango	Cauliflower	Shallots	Sage		Ricotta
Nectarines	Celery	Snow Peas	Tarragon		Romano
Orange	Collard Greens	Spinach	Thyme		
Pears	Corn	Squash			
Plums	Cucumber	Sweet Potato			
Peaches	Edamame	Swiss Chard			
Pineapple	Eggplant	Tomato			
Raspberries	Fennel	Tomato, cherry			
Strawberries	Green Beans	Zucchini			
Watermelon	Kale				

PANTRY & MISC				
GRAINS/PASTA	NUTS/SEEDS	MISC	SPICES	CANNED
Quinoa	Nut Butter	Raisins	Mild Chili Powder	Tomatoes, diced
Orzo	Peanuts	Dried Apricots	Onion Powder	Black Beans
Lentils	Walnuts	Dried Cranberries	Garlic Power	Black Eyed Peas
Couscous	Sliced Almonds	Capers	Poultry Seasoning	Cannellini Beans
Farro	Cashews	Red Wine Vinegar	Chinese 5 Spice	Garbanzo Beans
Bulgur	Pine Nuts	Rice Wine Vinegar	Yellow Curry Powder	Kidney Beans
Cornmeal	Sesame Seeds	Sesame Oil	Cinnamon	Navy Beans
Wild Rice	Chia Seeds	Sun Dried Tomatoes	Nutmeg	Pinto Beans
Thin Rice Noodles		Olive Oil	Black Pepper	White Beans
		Coconut Oil	Kosher Salt	Broth
		Avocado Oil		Coconut Milk