

THM No Cook Meal Plan Grocery List

Produce

- Fresh Berries x 2
- Iceburg Lettuce
- Onion
- Tomato
- Romaine (May want 2)
- Sweet Peppers
- English Cucumber
- Sweet Potato
- Bananas
- Baby Carrots
- Celery

Meat

- Microwavable Bacon
- Lean Turkey Lunch Meat
- Salami
- Smoked Salmon Slices
- Rotisserie Chicken x 2

Canned/Inner Aisles

- Progresso Light Soup
- Pork Rinds
- Green Beans
- Love Grown O's Cereal
- Pepperoni Slices
- Quaker Stevia Instant Oatmeal
- Cashews
- Black Beans x 2
- Monk Fruit Sweetener
- Salsa
- Buffalo Wing Sauce
- Whole Pecans
- Sugar Free Pizza Sauce
- Tuna in Water or pouch
- Polaner's Jelly
- Enchilada Sauce
- Can of Corn
- Fat Free Refried Beans
- Chili Beans x 2
- Box of Fat Free Chicken Broth
- Rotel Tomatoes x 2

Refrigerated

- Jimmy Dean Egg Scramble
- Sliced Cheese
- Unsweetened Almond Milk
- Shredded Mozzarella
- Eggs (boiled)
- Two Good Yogurt Cups x 3
- Plain Greek Yogurt
- Cottage Cheese
- Cream Cheese
- Bolthouse Farms Ranch
- Light Laughing Cow Cheese

Frozen

- Frozen Burger Patties
- Tyson Blackened Chicken Tenders
- Bag of Frozen Vegetables

Bread

- Joseph's Pita (Flax/Oat/Wheat)
- Carb Balance Tortilla
- Sprouted Bread