

August Meal Plan Grocery List

PRODUCE

- 2 red bell peppers
 - 1 yellow bell pepper
 - 1 cup snow peas
 - 1 head broccoli
 - 2 cups bean sprouts
 - 2 bunches green onions
 - 1 medium ginger root
 - 4 cloves garlic
 - 2 russet potatoes
 - 1 yellow onion
 - 1 lime
 - 1 carrot
 - 1 small head green cabbage
 - 3 Roma tomatoes
 - 2 cucumbers
 - 1 red onion
 - 1 bunch fresh basil
 - 1 bunch cilantro (optional)
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MEAT/POULTRY/DAIRY

- 1 lb cooked shrimp
 - ¾ cup butter
 - ½ lb lean ground pork
 - 1 ¼ cups buttermilk
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FROZEN ITEMS

- ½ cup frozen green peas
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DRY GOODS

- 1 package phyllo pastry
- 1 package wonton wrappers
- 1 loaf French bread
- 1 package fettuccine
- ½ cup no-salt-added chicken broth
- 2 tsp sesame oil
- 2 tbsp peanut butter
- 2 tbsp low sodium soy sauce
- 1 tbsp rice vinegar
- 3 tbsp white wine vinegar
- 7 tsp canola oil
- 6 tbsp olive oil
- 2 tsp sesame oil
- 2 tbsp hoisin sauce
- 2 tbsp oyster sauce
- 1 tsp Dijon mustard
- 3 cups all-purpose flour
- 4 tsp baking powder
- ½ tsp baking soda
- 3 tbsp maple syrup

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SPICES

- 1 ¼ tsp salt
- ¼ tsp pepper
- ½ tsp chili flakes
- 2 tsp curry powder
- 1 tsp garam masala
- ¼ tsp cumin