

Shopping List for A Feed Your Sister Meal Plan for a Nourishing Week

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| <input type="checkbox"/> Salmon (4 fillets) | <input type="checkbox"/> Butternut squash (2) |
| <input type="checkbox"/> Brussels sprouts (2 packs) | <input type="checkbox"/> Vegetable or chicken stock (2) |
| <input type="checkbox"/> Ground turkey or beef (1) | <input type="checkbox"/> Jumbo yellow onion (1 large) |
| <input type="checkbox"/> Pesto (1) | <input type="checkbox"/> Garlic (4-5 cloves) |
| <input type="checkbox"/> Breadcrumbs (1) | <input type="checkbox"/> Cherry tomatoes (1 pint) |
| <input type="checkbox"/> Marinara sauce (1 jar) | <input type="checkbox"/> Pomegranate (1 or 1 pack arils) |
| <input type="checkbox"/> Cauliflower (1 lg. head) | <input type="checkbox"/> Chicken tenders (1) or breasts (2) |
| <input type="checkbox"/> Broccoli (2 bunches) | <input type="checkbox"/> Apple cider or white wine vinegar |
| <input type="checkbox"/> Dill (1 sm. bunch) | <input type="checkbox"/> Parmesan |
| <input type="checkbox"/> Parsley (1 sm. bunch) | <input type="checkbox"/> Penne (2 boxes) |
| <input type="checkbox"/> Chives (1 sm. bunch) | <input type="checkbox"/> Kale (2 bunches) |
| <input type="checkbox"/> Farro (1 bag) | <input type="checkbox"/> Dijon mustard |
| <input type="checkbox"/> Lemons (4) | <input type="checkbox"/> Honey (can sub maple syrup) |