

# MacroEd Week 1 Meal Plan

## Shopping List

Aisle	Quantity	Measurement	Item
Breakfast	for topping		real maple syrup (totally optional)
Canned Goods	1	15oz can	chili beans
Canned Goods	3	15 oz can	diced tomatoes (no salt added if possible)
Canned Goods	2	6 oz cans	tomato paste
Canned Goods	1	8 oz can	tomato sauce
Deli	for topping		guacamole (Aldi pineapple guac is amazing)
			crumbled bacon (I get the pre-made stuff in the salad aisle)
Dressings/Condiments	3	oz	
Dressings/Condiments	2	tbsp	ketchup
Dressings/Condiments	2	tbsp	prepared yellow mustard
Dressings/Condiments	4	oz	restaurant style sliced dill pickles
Dressings/Condiments			salad dressings as desired
Drinks	1.5	cups	brewed coffee
			frozen cilantro (or 2 bunches of fresh) I use
Frozen	4	blocks	Pop & Cook brand from Walmart
			frozen sweet potato fries or hashbrowns
Frozen	18	oz	(you can use fresh if you're about that life)
			crunchy taco shells (or soft...just adjust macros)
International	8		
International	1	4.5 oz can	diced green chiles
International	for topping		salsa
Meat	5	lb	boneless, skinless chicken breast
Meat	6	lb	ground beef 90/10
Meat	1	lb	Jennie-O turkey sausage
		12 oz	mild italian chicken sausage (I used the
Meat	2	packages	Kirkwood kind from Aldi)
			pork chops (I prefer thick or center cut, but you do you)
Meat	2.5	lb	
Pasta	1/2	cup	grated parmesan cheese
Produce	9	medium	bell pepper
Produce	4	cups	fresh broccoli
Produce	12	cloves	garlic
Produce	1	medium	head lettuce
Produce	1	medium	lemon
Produce	2	medium	limes
Produce	6	medium	onions
Produce	2	medium	roma tomatoes
Produce	1	bag	salad (I like baby spinach, myself)
Produce	2	large	tomatoes

Produce	all of the		veggies (cucumbers, onions, carrots, peppers, radishes, celery, whatever)
Refrigerated		8 tbsp	1000 Island dressing (Marzetti from the refrigerated section is money)
Refrigerated		12 large	eggs
Refrigerated		16 oz	liquid egg whites (or the real thing, I don't care)
Refrigerated	various		meats & cheeses as desired (for salads)
Refrigerated		2 cups	mexican blend shredded cheese (I used Mexican blend Happy Farm from Aldi)
Refrigerated		1 1/2 c	part skim shredded mozzarella
Refrigerated	for topping		plain greek yogurt
Refrigerated		2 cups	shredded cheddar cheese
Refrigerated		1 package	turkey pepperoni
Refrigerated		1 cup	whole milk
Spices	1/8	tsp	cayenne
Spices	1/4	cup + 1 Tb	chili powder
Spices		1.5 tsp	cumin
			dry ranch mix (store bought is fine, but salty; make your own with our Spice It Up seasoning book)
Spices	1/4	c + 2 Tb	
Spices		3 tsp	garlic powder
Spices		2 tsp	ground cumin
Spices		2 tsp	Italian seasoning
Spices		1 Tb + 2 tsp	olive oil
Spices		1 tsp	onion powder
Spices		2 1/2 tsp	oregano
Spices		1 1/2 tsp	paprika (smoked if you can)
Spices	3/4	tsp	pepper
Spices		1 tsp	salt
Spices	to taste		salt & pepper
Spices	1/2	tsp	sugar
			taco seasoning (or make your own w/ your Spice It Up book)
Spices	3/4	cups	