



CHOMP SHOPPER

MEAL PREP GROCERY LIST

One Sunday prep session, Monday to Friday covered. For 1–2 people.

FREE PRINTABLE

WEEK OF _____

PREP DAY _____

PRODUCE

- | | |
|---|------------------------------|
| ☐ Bell peppers | 6 (2 red, 2 yellow, 2 green) |
| ☐ Broccoli | 2 heads |
| ☐ Sweet potatoes | 3 lbs |
| ☐ Baby spinach | 10 oz large bag |
| ☐ Cherry tomatoes | 2 pints |
| ☐ Zucchini | 3 medium |
| ☐ Onions | 3 large |
| ☐ Garlic | 2 bulbs |
| ☐ Lemons | 4 |
| ☐ Firm tofu (optional) | 14 oz block |

MEAT & SEAFOOD

- | | |
|--|-------|
| ☐ Chicken breast | 4 lbs |
| ☐ Ground turkey or lean ground beef | 2 lbs |

DAIRY & EGGS

- | | |
|---|-----------------|
| ☐ Eggs | 18-count carton |
| ☐ Plain Greek yogurt | 32 oz |
| ☐ Shredded cheese | 8 oz |
| ☐ Milk | 1 qt |

CONDIMENTS

- | | |
|------------------------------------|----------|
| ☐ Salsa | 1 jar |
| ☐ Hot sauce | 1 bottle |

PANTRY & SPICES

- | | |
|--------------------------------------|-------------------------|
| ☐ Brown rice | from pantry or 5 lb bag |
| ☐ Quinoa | 1 lb |
| ☐ Rolled oats | 42 oz container |
| ☐ Tahini | 1 jar |

BAKERY

- | | |
|---|------------------|
| ☐ Whole grain tortillas or wraps | 1 pack (8-count) |
|---|------------------|

CANNED & JARRED

- | | |
|--|--------|
| ☐ Canned chickpeas | 4 cans |
| ☐ Canned black beans | 4 cans |
| ☐ Canned diced tomatoes | 3 cans |
| ☐ Pasta sauce | 2 jars |

SUNDAY PREP PLAN

about 2–2.5 hours

- | | | |
|----------|--------------------------------------|---------------|
| 1 | Proteins in the oven | 45 min |
| | Bake chicken at 400°F. | |
| 2 | Grains on the stove | 30 min |
| | Rice and quinoa in your biggest pot. | |
| 3 | Chop & roast veg | 25 min |
| | 425°F, spread over two sheet pans. | |
| 4 | Eggs & oats | 10 min |
| | Hard-boil eggs, mix overnight oats. | |

MEAL PREP PANTRY STAPLES

Check what you're low on before you shop.

- | | | | |
|---|---|---|--|
| ☐ Olive oil | ☐ Dried pasta | ☐ Canned black beans | ☐ Canned chickpeas |
| ☐ Low-sodium chicken broth | ☐ Low-sodium soy or tamari | ☐ Garlic | ☐ Onions |
| ☐ Cumin | ☐ Paprika | ☐ Garlic powder | ☐ Oregano |
| ☐ Red pepper flakes | ☐ Salt | ☐ Black pepper | ☐ Apple cider vinegar |
| ☐ Quinoa | ☐ Brown rice (5 lb bag) | | |

TIPS FOR MEAL PREP SHOPPING & COOKING

Cook proteins first

They take the longest. Chop and start grains while chicken bakes.

Label containers

Mark contents and dates to cut waste and rotate stock.

Use sheet pans

Roast veg at 425°F for 20–25 min across two pans.

Prep components

Mix and match proteins, grains and veg all week.

Cook grains in bulk

A big batch takes about the same time. Keeps about 5 days.

Go glass

Start with 10–12 stackable, microwave-safe containers in 2–3 sizes.