

3 Star High Energy Meal Plan Shopping List

Proteins

- Smoked Salmon (1 package)
- Prosciutto (1 package)
- Eggs (1 dozen)
- Ahi Tuna (sushi-grade, 1 piece)
- Chicken Breasts (1 package)
- Sea Bass Fillets (2)
- Flank Steak (1)
- Black Cod Fillets (2)

Produce

- Avocados (2)
- Microgreens (1 container)
- Spinach (1 bag)
- Pineapple (1)
- Kiwi (2)
- Cucumber (1)
- Fresh Corn (2 ears)
- Cilantro (1 bunch)
- Cherry Tomatoes (1 container)
- Asparagus (1 bunch)
- Baby Bok Choy (2 heads)
- Wild Mushrooms (1 package)
- Lemons (2)

Grains & Pantry

- Sourdough Bread (1 loaf)
- Protein Powder (high quality, 1 container)
- Pumpkin Seeds (1 bag)
- Coconut Flakes (1 bag)
- Sushi Rice (1 bag)
- Edamame (1 bag)
- Pickled Ginger (1 jar)
- Sesame Seeds (1 container)
- Farro Grain (1 bag)
- Soba Noodles (1 package)
- Arborio Rice (1 bag)

Condiments & Dairy

- Balsamic Glaze (1 bottle)
- Goat Cheese (1 container)
- Burrata Cheese (1 ball)
- Parmesan Cheese (1 block)
- Miso Paste (1 container)
- Truffle Oil (1 bottle)
- Chimichurri Ingredients:
 - Parsley (1 bunch)
 - Garlic (1 head)
 - Olive Oil (1 bottle)