

1 Star Seasonal Affective Disorder

Support Meal Plan Shopping List ✨

Produce

- Bananas (1 bunch / ~6)
- Yellow Onions (3 lb bag)
- Carrots (1 lb bag)
- Garlic (1 head)
- Lemons (2)
- Spinach (1 bag)
- Sweet Potatoes (3 medium)

Protein & Dairy

- Eggs (1 dozen)
- Greek Yogurt, plain (5 oz - optional)

Grains & Carbs

- Rolled Oats (18 oz)
- Brown Rice (1 lb bag)
- Whole Wheat Bread (1 loaf)
- Dry Lentils (1 lb bag)

Frozen & Canned

- Frozen Mixed Berries (12 oz)
- Frozen Broccoli Florets (1 lb)
- Canned Chickpeas (2 cans)
- Canned Diced Tomatoes (1 can)
- Canned Tuna in Water (2 cans)