

3 Star Quiet the Food Noise Meal Plan Shopping List (EBT Friendly) ✨

Proteins

- Chuck Roast or Beef Stew Meat (2½ lb)
- Bone-In Chicken Thighs (4 lb)
- Ground Lamb or 85/15 Ground Beef (1½ lb)
- Eggs (12 large)

Carbohydrates

- Basmati or Jasmine Rice (3 cups dry)
- Rigatoni Pasta (1 lb)
- Yukon Gold Potatoes (3 lb)
- Sandwich Bread (1 loaf)

Canned / Jarred

- Crushed Tomatoes (3 × 28 oz cans)
- Tomato Paste (1 small can)

Produce

- Yellow Onions (5 medium)
- Carrots (2 lb)
- Bell Peppers (3 medium)
- Shallots (2)
- Garlic (2 bulbs)

Pantry / Seasonings

- Olive Oil
- Butter
- Salt
- Black Pepper
- Paprika
- Dried Oregano or Thyme
- Bay Leaf
- Chili Flakes (optional)