



2 Star Winter Weight-Loss Meal Plan

Shopping List ✨

Proteins & Dairy

- Chicken Breasts (2–2.5 lbs)
- Ground Turkey (1 lb)
- Lean Ground Beef (1 lb)
- Salmon Fillet (frozen, 2 portions)
- Greek Yogurt (large tub)
- Cottage Cheese
- Parmesan (shredded)

Produce & Pantry

- Spinach (bundle or bag)
- Mushrooms
- Broccoli
- Sweet Potatoes (3–4)
- Apples (5–6)
- Bell Peppers (3)
- Lettuce/Romaine
- Canned Tomatoes (1–2)
- White Beans (1 can)
- Rice
- Tortillas / Bagel Thins
- Mixed Frozen Vegetables