



3 Star Winter Weight-Loss Meal Plan

Shopping List ✨

Proteins

- Filet Mignon or Lean Sirloin (5 oz)
- Chicken Breast (8-10 oz)
- Salmon Fillet (5 oz)
- Sea Scallops (4-5)
- Cod (3 oz)
- Shrimp (3 oz)
- Chicken Sausage (4 oz)
- Chicken Thigh (5 oz)
- Canned Tuna in Water (1 can)
- Turkey Bacon (1 slice)

Eggs & Dairy

- Eggs (1 dozen)
- Boursin or Herbed Cream Cheese (small tub)
- Cottage Cheese (1 container)
- Greek Yogurt (small container)
- Gruyère Cheese (small amount)
- Whipped Ricotta (small container)
- Butter

Produce

- Mushrooms (2-3 cups)
- Spinach (1 bag)
- Romaine Lettuce (1 head)
- Tomatoes (2-3)
- Asparagus (1 small bunch)
- Zucchini (2)
- Cauliflower Florets (1 head)

More Produce

- Bell Peppers (1 package)
- Carrots (1 package)
- Pearl Onions (small bag)
- Onion (1)
- Garlic (1 head)
- Lemons (small bag)
- Green Beans (½ cup)
- Baby Potatoes or Sweet Potato (1-2)

Fresh Herbs

- Parsley
- Thyme
- Basil

Bread & Pantry

- Whole-Grain Artisan Bread (1 loaf)
- Small Flour Tortillas (1 pack)
- Mini Croissant (1)
- Rustic Bread (1 loaf)
- Canned Crushed Tomatoes (1 can)
- White Beans (1 can)
- Sliced Olives (small jar)
- Dijon Mustard
- Olive Oil
- Balsamic Glaze
- Red Wine
- Truffle Oil
- Saffron
- Vanilla Extract