

1 Star Winter Weight-Loss Meal Plan

Shopping List ✨

Vegetables

- Frozen Spinach (1 bag)
- Broccoli (1 crown or frozen)
- Cauliflower (1 head or frozen bag)
- Mushrooms (1 small pack)
- Bell Peppers (small package)
- Russet Potatoes (2–3)
- Cabbage (1 head)
- Onion (1)
- Garlic (1 head)

Fruits

- Apples (4)
- Lemon (1)

Protein & Dairy

- Eggs (12)
- Ground Turkey (1 lb)
- Cottage Cheese (1 small tub)
- Parmesan or Shredded Blend (small quantity)

Pantry & Grains

- Black Beans (2 cans)
- White Beans (1 can)
- Ramen Bricks (1–2)
- Canned Tomatoes (1 can)
- Tortillas (1 small pack)