

2 Star No-Decision Family Meal Plan Shopping List

Proteins & Dairy

- Chicken Thighs (1.5–2 lbs)
- Ground Turkey or Beef (0.5 lb)
- Eggs (6 large)
- Greek Yogurt (optional, for sauce – small tub)
- Shredded Cheese (1 small bag)
- Milk (1 small carton)

Grains & Pantry

- Rolled Oats (1 container)
- Pasta (1 box)
- Bread (1 loaf)
- Peanut Butter (1 small jar)
- Olive Oil (1 small bottle)
- Soy Sauce (1 bottle)
- Taco Seasoning (1 packet)

Produce & Frozen

- Bananas (3–4)
- Broccoli (1 head or frozen bag)
- Baby Carrots (1 bag)
- Potatoes (3–4 medium)
- Spinach (1 small bag)
- Frozen Mixed Vegetables (1 bag)
- Canned Black Beans (1 can)
- Marinara Sauce (1 jar)
- Salsa (1 jar)
- Rice (1 small bag)