

3 Star Healthy Comfort Meals

Meal Plan Shopping List

Proteins & Dairy

- Chicken Breast (1.5–2 lbs)
- Lean Ground Turkey (0.5 lb)
- Lean Ground Beef (0.5 lb)
- Sirloin Steak (0.4–0.5 lb)
- Turkey Bacon (1 pack)
- Eggs (1 dozen)
- Liquid Egg Whites (16 oz carton)
- Nonfat Greek Yogurt (32 oz tub)
- Low-Fat Cottage Cheese (16 oz tub)
- Protein Powder (1 small container)
- Light Cheese Slices (1 pack)
- Shredded Mozzarella (1 bag)
- Grated Parmesan (1 container)
- Milk (1 small carton)

Carbs & Grains

- Rolled Oats (1 small container)
- Rice (1–2 cups dry)
- Pasta (1 box)
- High-Protein or Whole Grain Bread (1 loaf)
- English Muffins (1 pack)
- Tortillas or Wraps (1 pack)
- Flatbread or Naan (1–2 pieces)
- Granola (1 small bag)
- Potatoes (4–5 medium)

Produce & Canned

- Lettuce (1 large bag)
- Spinach or Broccoli (1 bag)
- Strawberries (1 container)
- Mixed Berries (1 bag, fresh or frozen)
- Tomatoes (2–3 medium)
- Red Onion (1)
- Cucumbers (2)
- Garlic (1 bulb)
- Lemon or Lime (1–2)
- Black Beans (1 can)
- Marinara Sauce (1 jar)
- BBQ Sauce (1 bottle)
- Buffalo Sauce (1 bottle)
- Pico de Gallo or Salsa (1 container)

Pantry, Condiments & Spices

- Olive Oil
- Dijon Mustard
- Ketchup
- Mustard
- Pickle Juice (or pickles)
- Sweetener
- Cocoa Powder
- Garlic Powder
- Cinnamon
- Italian Seasoning
- Chili Powder
- Cumin
- Dark Chocolate Chips (optional upgrade)
- Peanut Butter (optional upgrade)