

2 Star Elevated Gym Bro Diet

Meal Plan Shopping List

Proteins & Dairy

- Chicken Breast (2.5–3 lbs)
- Ground Turkey (1.5–2 lbs)
- Eggs (1 dozen)
- Liquid Egg Whites (16 oz carton)
- Nonfat Greek Yogurt (32 oz tub)
- Protein Powder (1 container)

Grains, Spices & Pantry

- Jasmine or White Rice (1 lb bag)
- Russet or Yukon Potatoes (4–5 lbs)
- Old-Fashioned Oats (1 container)
- Tortillas (1 pack)
- Bread (1 small loaf)
- Granola (1 small bag)
- Salt
- Black Pepper
- Garlic Powder
- Paprika
- Cinnamon
- Chili Flakes

Fruits & Vegetables

- Bananas (4–5)
- Lemons (2–3)
- Limes (1–2)
- Frozen Berries (1 bag)
- Spinach (1 bag)
- Onion (1–2)
- Garlic (1 bulb)

Condiments & Sauces

- Peanut Butter (1 small jar)
- Olive Oil (1 small bottle)
- Honey (1 small bottle)
- Soy Sauce (1 bottle)
- Hot Sauce (1 bottle)
- Ketchup (1 bottle)
- Mustard (1 bottle)
- Taco Seasoning (1 packet)