

★The 1-Star Recovery Reset Meal Plan Shopping List★

Proteins & Dairy

- Rotisserie chicken – 1 whole
- Lean ground turkey – 8 oz (½ lb)
- Eggs – 6
- Plain Greek yogurt – 8 oz container
- Shredded mozzarella cheese – ½ cup

Pantry, Broths & Seasonings

- Low-sodium chicken broth – 9 cups
- Milk of choice – ¼ cup
- Butter – 1–2 tbsp
- Olive oil – 4 tbsp
- Low-sodium soy sauce – 1 tsp
- Honey – 1 small bottle
- Cinnamon, garlic powder, dried thyme, vanilla extract

Fruits & Vegetables

- Bananas – 5
- Apples – 2
- Potatoes – 8 medium
- Carrots – 4–5 cups
- Celery – 1 cup
- Onion – 1 medium
- Spinach – 1 bag (about 2 cups packed)
- Garlic – 1 whole bulb
- Fresh ginger root – 1 small piece
- Green onions – 1 bunch (optional)
- Frozen peas – 1 small bag

Grains & Bread

- White rice (uncooked) – 1½ cups
- Old-fashioned oats – 1½ cups
- Egg noodles – ½ cup
- Pasta – 2 oz
- Whole wheat bread – 1 loaf