⭐The 2-Star Luxury Hair Growth Diet Plan ⭐

🥚 Proteins & Dairy

- Chicken breast – (1.5–2 lbs)
- Salmon fillets – 2 (about 12 oz total)
- Ground turkey – 1 lb
- Canned tuna – 2 cans (5 oz each)
- Sliced turkey breast – 8 oz
- Plain Greek yogurt – 32 oz tub
- Cottage cheese – 16 oz tub
- Ricotta cheese – 8 oz tub
- Feta cheese – 6 oz block
- Parmesan cheese – 4 oz wedge
- Mozzarella cheese slices – 8 oz pack

🌾 Grains & Pantry

- Rolled oats – 18 oz container
- Jasmine rice – 1 lb bag
- Pasta – 1 lb box
- Sourdough bread – 1 loaf
- Flatbread – 1 pack (2–4 pieces)
- Tortillas – 1 pack (8 count)
- Chia seeds – 4 oz bag
- Cocoa powder
- Cinnamon, hot sauce, garlic powder

🍎 Produce & Fruit

- Bananas – 4
- Strawberries – 1 pint
- Mixed berries – 6 oz container
- Cherries – 6 oz (fresh or frozen)
- Mango – 1 (or 8 oz frozen)
- Pineapple – 8 oz (fresh or frozen)
- Avocados – 2
- Spinach – 5–8 oz bag
- Broccoli – 1 head
- Green beans – 8 oz bag
- Cucumbers – 1
- Cherry tomatoes – 1 pint
- Lemons – 2
- Garlic – 1 bulb
- Arugula – 5 oz container
- Slaw mix – 8 oz bag

🧂 Condiments

- Olive oil – 16 oz bottle
- Butter – 1 stick
- Honey – 8 oz bottle
- Almond butter – 12 oz jar
- Coconut flakes – 4 oz bag
- Sesame oil – 8 oz bottle
- Sweet chili sauce – 10 oz bottle
- Pesto – 6 oz jar