⭐The 1-Star Luxury Hair Growth Diet Plan ⭐

🥩 Proteins & Dairy

- Chicken breast – 4 breasts (about 1.5–2 lbs)
- Ground turkey – 1 lb
- Canned tuna – 3 cans (5 oz each)
- Sliced turkey – 6–8 oz
- Plain Greek yogurt – 32 oz tub
- Parmesan cheese – 4 oz wedge or shredded
- Shredded cheese – 8 oz bag

🌾 Grains & Bakery

- Rolled oats – 18 oz container
- Jasmine rice – 1 lb bag (about 2 cups dry)
- Pasta – 1 lb box
- Bread – 1 loaf
- Tortillas – 1 pack (8 count)

🍌 Produce & Fruit

- Bananas – 6–7
- Frozen berries – 12 oz bag
- Strawberries – 1 pint
- Spinach – 5–8 oz bag
- Broccoli – 1 head
- Lettuce – 1 head
- Cucumbers – 2
- Tomatoes – 2–3
- Garlic – 1 bulb
- Mixed vegetables – 12 oz bag

🧂 Pantry & Condiments

- Peanut butter – 16 oz jar
- Olive oil – 16 oz bottle
- Butter – 1 stick (4 oz)
- Honey – 8 oz bottle
- Cinnamon – small container
- Cocoa powder – small container
- Sweet chili sauce – 10 oz bottle
- Caesar dressing – 8 oz bottle
- Salt, black pepper, garlic powder – (pantry)