

★ 3-Star World Tour Meal Plan

Shopping List ★

Proteins

- boneless, skinless chicken breasts (1 lb)
- boneless, skinless chicken thighs (2 lbs)
- 6 salmon fillets
- 1 dozen large eggs
- 32 oz nonfat Greek yogurt
- 16 oz low-fat cottage cheese
- Vanilla protein powder

Grains & Flavor

- 2 lb bag jasmine rice
- 1 cup dry brown rice (or jasmine)
- 1 box couscous (about 10 oz) or quinoa
- 1 loaf sourdough bread
- 18 oz rolled oats
- 4 medium sweet potatoes
- 1½ lbs baby potatoes
- 2 ripe plantains
- Unsweetened light coconut milk (1 can)
- Unsweetened shredded coconut
- Olive oil
- Apple cider vinegar
- Coconut aminos
- Sumac
- Berbere seasoning
- Harissa paste
- Smoked paprika
- Ground cumin
- Ground coriander
- Ground turmeric

Produce

- 1 bag baby spinach (10 oz)
- 1 small green cabbage
- 1 bunch carrots (6–8 carrots)
- 2 cucumbers
- 12 oz fresh green beans
- 1 head broccoli
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch dill
- 1 bunch fresh mint
- 1 bunch green onions
- 1 small red onion
- 1 yellow onion
- 2 jalapeños
- 2 heads garlic
- 6 lemons
- 6 limes
- 2 ripe mangoes
- 3 oranges

Canned & Pantry

- 1 (15 oz) can chickpeas
- 1 bag dry lentils
- Raw walnut halves (8 oz)
- Shelled pistachios (5 oz)
- pumpkin seeds (5 oz)
- Chia seeds
- Honey