

★ 2-Star Intermittent Fasting Meal Plan Shopping List ★



Protein & Grains

- Boneless Skinless Chicken Breast – 4 lbs
- Lean Ground Beef – 1 lb
- Sirloin Steak – 1 lb
- Plain Nonfat Greek Yogurt – 32 oz
- Feta Cheese – 4 oz
- Grated Parmesan Cheese – 4 oz
- Jasmine or Long-Grain Rice – 2 lb bag
- Protein Pasta – 1 box
- Russet Potatoes – 5 lb bag
- Sweet Potatoes – 2 medium
- Black Beans – 1 can (15 oz)



Produce

- Green Cabbage – 1 large head
- Romaine Lettuce – 1 container
- Carrots – 1 lb
- Cucumber – 1
- Tomatoes – 3
- Red Onion – 1
- Green Onions – 1 bunch
- Cilantro – 1 bunch
- Broccoli Florets – 1 lb
- Green Beans – 12 oz
- Avocado – 1
- Lemons – 2
- Limes – 3



Condiments & Oils

- Honey, Soy Sauce, Hot Sauce
- Sweet Chili Sauce, Salsa, Ketchup
- Yellow Mustard, Pickles, Peanut Butter
- Rice Vinegar, Sesame Oil
- Olive Oil, Butter



Seasonings & Garnishes

- Salt, Black Pepper
- Garlic Powder, Onion Powder
- Paprika, Smoked Paprika
- Chili Powder, Ground Cumin
- Dried Oregano, Cayenne Pepper, Dried Parsley
- Sesame Seeds (optional)
- Fresh Parsley, Extra Feta, Extra Lime Wedges (optional)