

★1-Star Intermittent Fasting Meal Plan Shopping List★



Proteins & Grains

- Boneless skinless chicken thighs – 5 lbs
- Lean ground beef (or ground chicken) – 1 lb
- Plain nonfat Greek yogurt – 32 oz
- Parmesan cheese – 1 container
- Long-grain rice – 2 lb bag
- Russet potatoes – 5 lb bag
- Sweet potatoes – 2 lbs
- Dry lentils – 1 lb
- Eggs – 1 dozen



Vegetables

- Green cabbage – 1 head
- Carrots – 2 lb bag
- Spring mix – 1 container
- Lemons – 2



Pantry

- Honey
- Soy sauce
- Hot sauce
- Salsa
- Sweet chili sauce
- Yellow mustard
- Ketchup
- Pickles
- Peanut butter
- Garlic powder
- Paprika
- Chili powder
- Ground cumin