

★ The 3-Star Feel-Your-Best Costco Meal Plan Shopping List ★

Proteins & Dairy

- Wild sockeye salmon fillets – 2 lb
- Organic chicken breast – 2.5 lb
- Grass-fed beef patties (or ground beef) – 4 patties (1.5 lb)
- Organic eggs – 1 dozen
- Plain Greek yogurt – 1 large tub (32 oz min)

Pantry & Staples

- Siete almond flour tortillas – 1 package
- Organic hummus – 1 container
- Chia seeds – 1 bag
- Extra virgin olive oil – 1 bottle
- Everything Bagel seasoning – 1 jar
- Garlic powder, paprika, cinnamon, sea salt, black pepper

Produce

- Power greens – 1 large clamshell (16 oz)
- Sweet potatoes – 6 medium
- Mini cucumbers – 1 bag
- Bell peppers – 6 count
- Avocados – 5
- Blueberries – 18 oz container
- Lemons – 5

✨ Optional 3-Star Upgrades

- Organic cherry tomatoes – 1 container
- Feta cheese crumbles – 1 container
- Fresh parsley – 1 bunch
- Fresh dill – 1 bunch