

★1-Star Stay Full, Stay Present Meal Plan Shopping List★

Protein

- Fresh Chicken Leg Quarters (10 lb)
- Large Eggs (18 count)
- Chunk Light Tuna in Water (5 oz can)
- Dry Lentils (1 lb)
- Black Beans (15 oz cans, 2)
- Creamy Peanut Butter (16 oz)

Pantry

- Old-Fashioned Oats (18 oz)
- Long-Grain Rice (2 lb)
- Penne Pasta (16 oz)
- Flour Tortillas (10 count)
- Russet Potatoes (5 lb)
- Tomato Sauce (15 oz can)
- Vegetable Oil (48 fl oz)

Produce

- Green Cabbage (1 head)
- Whole Carrots (2 lb)
- Frozen Mixed Vegetables (12 oz)
- Fresh Bananas (5)

Pantry seasonings assumed on hand (purchase only if needed):

- Salt
- Black Pepper
- Cinnamon
- Garlic Powder
- Paprika
- Chili Powder
- Cumin
- Italian Seasoning
- Vinegar
- Sugar or honey (a small amount if desired)