⭐2-Star Stay Full, Stay Present Meal Plan Shopping List⭐

Protein & Dairy

- Boneless, Skinless Chicken Thighs (3 lb)
- 93% Lean Ground Turkey (1 lb)
- Large Eggs (18 count)
- Plain Greek Yogurt (32 oz)
- Milk (½ gallon)
- Tuna in Water (5 oz can)
- Shredded Cheddar (8 oz)
- Peanut Butter (16 oz)

Grains & Starches

- Old-Fashioned Oats (42 oz)
- Long-Grain Rice (2 lb)
- Whole-Wheat Tortillas (8 count)
- Penne or Rotini Pasta (1 lb)
- Russet Potatoes (5 lb)
- Sweet Potato (1 large)
- All-Purpose Flour (5 lb)

Produce & Frozen

- Apple (1 medium)
- Bananas (3)
- Frozen Mixed Berries (12 oz)
- Green Cabbage (1 head)
- Carrots (2 lb)
- Baby Spinach (8 oz)
- Frozen Broccoli Florets (12 oz)
- Frozen Mixed Vegetables (12 oz)
- Yellow Onions (2)
- Garlic (1 bulb)
- Lemons (2)

Cans & Sauces

- Black Beans (15 oz can)
- Chickpeas (15 oz can)
- Cannellini Beans (15 oz can)
- Tomato Sauce (15 oz can)
- Diced Tomatoes (14.5 oz can)
- Salsa (16 oz jar)
- Soy Sauce (15 oz)
- Baking Powder
- Vegetable Oil (48 oz)

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

- Salt
- Black Pepper
- Cinnamon
- Garlic Powder
- Paprika
- Chili Powder
- Cumin
- Italian Seasoning
- Sugar (small amount)
- Honey or Maple Syrup (small amount)