

3-Star Stay Full, Stay Present Meal Plan Shopping List

Meat and Dairy

- 1 pound lean ground turkey
- 1 pound boneless, skinless chicken
- 1 top sirloin steak
- 2 salmon fillets
- 1 pound frozen raw shrimp, peeled and deveined
- 6 large eggs
- 1 32-ounce tub plain Greek yogurt
- 1 16-ounce container cottage cheese
- 1 quart milk
- 1 8-ounce package shredded cheddar
- 1 small container grated Parmesan
- 1 package butter

Grains and Bakery

- 1 container rolled oats
- 1 bag brown rice
- 1 box elbow macaroni
- 1 box orzo
- 1 small loaf sourdough bread
- 1 small bag sliced or chopped almonds
- 1 bag chocolate chips

Canned and Packaged Foods

- 1 can chickpeas
- 1 can black beans
- 1 can cannellini beans
- 1 can or small carton chicken broth
- 1 small jar salsa
- 1 small jar sun-dried tomatoes

Produce

- 1 small apple
- 3 lemons
- 2 limes
- 1 orange
- 1 pint cherry tomatoes
- 1 English cucumber
- 1 medium yellow onion
- 1 red bell pepper
- 1 garlic bulb
- 1 bunch fresh parsley
- 1 bunch green onions
- 1 medium avocado
- 1 large russet potato
- 1 2-pound bag sweet potatoes
- 1 large broccoli crown or 12-ounce bag of florets
- 1 8- to 10-ounce package baby spinach
- 1 large carrot
- 1 small bag frozen shelled edamame
- 12-ounce bag frozen mixed berries

Pantry Check

The \$129 budget assumes these are already available.

Purchase only what is missing:

- All-purpose flour
- Baking powder
- Olive oil
- Nonstick cooking spray
- Peanut butter
- Maple syrup
- Honey
- Mayonnaise
- Dijon mustard
- Soy sauce
- Sriracha
- Sesame oil
- Red-wine vinegar
- Salt
- Black pepper
- Cinnamon
- Garlic powder
- Paprika
- Smoked paprika
- Chili powder
- Ground cumin
- Dried oregano or Italian seasoning
- Cajun, Old Bay or blackening seasoning
- Crushed red pepper

Optional

Purchases:

These were removed or consolidated to keep the plan on budget:

- Crab
- Langostino tails
- Heavy cream
- Half-and-half
- Monterey Jack
- Feta
- Quinoa
- Farro
- Chia seeds
- Biscuit mix
- Liquid egg substitute
- Fresh raspberries
- Fresh strawberries
- Kale
- Mixed greens
- Fresh dill
- Fresh mint
- Fresh cilantro
- Green bell pepper
- Celery
- Red onion
- Hot honey—make it with regular honey and crushed red pepper