

★ 2-Star High-Performance Meal Prep Plan Shopping List ★

Protein & Grains

- 8 lbs boneless skinless chicken thighs
- 6 lbs 93% lean ground turkey
- 14 large eggs
- 9 cups nonfat Greek yogurt
- 1½ cups shredded sharp cheddar cheese
- 1 cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- ½ cup low-fat milk
- 7½ cups old-fashioned rolled oats
- 6 cups dry brown rice
- 12 oz whole wheat penne pasta
- 1½ cups low-sugar granola

Pantry

- 5 cans (15 oz) black beans
- 2 cans (15 oz) kidney beans
- 2 jars salsa (16 oz each)
- 1 jar marinara sauce (24 oz)
- 2 cans diced tomatoes (14.5 oz each)
- 1 can tomato sauce (15 oz)
- Natural peanut butter
- Chopped walnuts
- Chia seeds
- Ground flaxseed
- Sesame oil
- Apple cider vinegar
- Rice vinegar

Produce

- 4 bananas
- 2 Honeycrisp apples
- 1 pint blueberries
- 1 pint strawberries
- 1 small container raspberries
- 3 lemons
- 3 limes
- 4 yellow onions
- 1 small red onion
- 1 English cucumber
- 1 pint cherry tomatoes
- 1 large bulb garlic
- 1 small piece fresh ginger
- 4 large sweet potatoes
- 5 carrots
- 4 broccoli crowns
- 2 lbs fresh green beans
- 3 bell peppers
- 2 bags (5 oz each) baby spinach
- 2 green onions
- 1 bunch cilantro
- 4 cups frozen corn

Condiments

- Low-sodium soy sauce
- Dijon mustard (optional)
- Honey
- Maple syrup
- Sugar-free or low-sugar BBQ sauce