

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

Meat & Dairy

- 8½ lbs boneless skinless chicken thighs
- 2 lbs Atlantic salmon
- 4 lbs lean ground turkey
- 2 lbs flank steak
- 2 lbs lean sirloin steak
- 11 cups nonfat Greek yogurt
- 3 cups low-fat cottage cheese
- 18 large eggs
- 1½ cups shredded Gruyère cheese
- 1¼ cups grated Parmesan cheese
- 1 pint half-and-half

Pantry

- 5 cups old-fashioned rolled oats
- 2 cups whole grain bread cubes (about 10 slices)
- 4 cups jasmine rice
- 1¾ cups quinoa
- 2 cups dry farro
- 12 oz whole wheat egg noodles
- ½ cup whole wheat breadcrumbs
- 2 cans cannellini beans
- 3 cans black beans
- 1 can chickpeas
- 1 can diced tomatoes
- 2 jars salsa verde (16 oz each)
- 1 jar marinara sauce (24 oz)
- 1 can light coconut milk (13.5 oz)
- Baking powder
- Pure vanilla extract
- Maple syrup
- Honey
- Whole wheat flour

Produce

- 2 bananas
- 2 Honeycrisp apples
- 2 lemons
- 6 limes
- 2 pints fresh blueberries
- 2 pints fresh raspberries
- 4 yellow onions
- 2 red onions
- 1 English cucumber
- 1 pint cherry tomatoes
- 8 cloves garlic (1 large bulb)
- 1 root fresh ginger
- 3 zucchini
- 6 bell peppers
- 3 large sweet potatoes
- 3 large carrots
- 3 broccoli crowns
- 1 lb fresh green beans
- 2 bags (5 oz each) baby spinach
- 24 oz baby bella mushrooms
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 small bunch fresh dill
- 3 cups frozen corn

Nuts, Seeds & Healthy Fats

- ½ cup walnuts
- ½ cup sliced almonds
- Natural peanut butter
- Chia seeds
- Ground flaxseed
- Sesame oil
- Toasted sesame seeds