⭐1-Star High-Performance Meal Prep Plan Shopping List⭐

🥩 Protein & Grains

- 8 lbs boneless skinless chicken thighs
- 4 lbs 93% lean ground turkey
- 15 large eggs
- 6 cups nonfat Greek yogurt
- 9 cups old-fashioned rolled oats
- 8 cups dry brown rice
- 1 lb whole wheat penne pasta
- 1 loaf whole wheat bread

🥫 Canned & Jarred Goods

- 4 cans (15 oz each) black beans
- 2 cans (15 oz each) kidney beans
- 1 can (14.5 oz) diced tomatoes
- 2 cans (14.5 oz each) diced tomatoes (for chili)
- 1 can (15 oz) tomato sauce
- 1 jar (24 oz) marinara sauce
- 1 jar salsa (16 oz)

🥕Produce

- 4 bananas
- 2 apples
- 5 yellow onions
- 1 head garlic
- 5 carrots
- 2 celery stalks
- 2 broccoli crowns
- 4 large sweet potatoes
- 2 russet potatoes
- 1 lb fresh green beans
- 2 bell peppers
- 2 bags (5 oz each) baby spinach
- 16 oz frozen mixed vegetables
- 16 oz frozen corn
- 16 oz frozen mixed berries

Pantry🥣

- Natural peanut butter
- Low-sodium soy sauce
- Sugar-free or low-sugar BBQ sauce
- Honey (optional)
- Baking powder (if not already on hand)
- Cornstarch
- Vanilla extract