

★ 1-Star Heat Wave Survival Meal Plan Shopping List ★

Proteins

- Boneless, skinless chicken breasts – 2 lbs
- 93% lean ground turkey – 1½ lbs
- Canned tuna in water – 2 (5 oz) cans
- Nonfat Greek yogurt – 32 oz (1 large tub)
- Low-fat cottage cheese – 16 oz container
- Low-fat milk or unsweetened almond milk – ½ gallon

Grains & Bakery

- Old-fashioned rolled oats – 2 cups
- Long-grain white rice (dry) – 2½ cups
- Whole wheat tortillas – 1 package (8 count)
- Whole wheat or regular pasta – 4 oz dry
- Granola – 1 small bag

Produce

- Strawberries – 1 pint
- Peaches – 2
- Blueberries – 1 pint
- Cherries (fresh or frozen) – ½ lb
- Frozen pineapple – 1 small bag
- Frozen mango – 1 small bag
- Lemons – 2
- Romaine lettuce – 1 head
- Cucumbers – 2
- Cherry tomatoes – 1 pint
- Baby potatoes – 1½ lb bag
- Frozen broccoli florets – 1 large bag
- Frozen stir-fry vegetables – 1 large bag
- Frozen corn – 1 small bag
- Black beans – 1 (15 oz) can
- Shredded carrots – 1 bag
- Yellow onion – 1
- Garlic – 1 head
- Green onions – 1 bunch (optional)
- Fresh parsley – 1 bunch (optional)