

3-Star High-Protein Comfort Food Shopping List



Protein and Dairy

- Boneless, Skinless Chicken Breast (2½ lbs)
- 93% Lean Ground Beef (1 lb)
- Sirloin Steak (½ lb)
- Lean Chuck (1 lb)
- Turkey Breakfast Sausage (8 oz package)
- Smoked Turkey Sausage (12 oz package)
- Turkey Bacon (8 oz package)
- Large Eggs (1 dozen)
- Plain Nonfat Greek Yogurt (32 oz tub)
- 2% Cottage Cheese (16 oz container)
- Sharp Cheddar (8 oz bag)
- Fresh Mozzarella (4 oz ball)
- Parmesan (5 oz wedge)
- Light Cream Cheese (8 oz tub)
- 2% Milk (1 quart)
- Butter (1 small package)



Produce

- Yukon Gold Potatoes (2 lb bag)
- Baby Potatoes (1 lb bag)
- Bell Peppers (3)
- Yellow Onions (2)
- Garlic (2 bulbs)
- Romaine (1 large head)
- Arugula (5 oz bag)
- Broccoli (1 large head)
- Green Beans (½ lb)
- Cucumber (1 large)
- Shredded Cabbage (1 bag)
- Celery (1 bunch)
- Roma Tomato (1)
- Cherry Tomatoes (1 pint)
- Scallions (2 bunches)
- Avocados (2)
- Limes (3)
- Lemons (2)
- Pico de Gallo (8 oz container)



Grains and Legumes

- Sourdough Bread (1 loaf)
- Large Flour Tortillas (8 count package)
- Biscuits (1 small package)
- Prepared Cornbread (1 small package)
- Jasmine or Long-Grain Rice (1 lb bag)
- Pasta (1 box)
- Panko Breadcrumbs (1 small container)
- All-Purpose Flour (1 small bag)
- Butter Beans (15 oz can)
- Black Beans (15 oz can)
- Frozen Shelled Edamame (10 oz bag)



Seasonings and Sauces

- Gochujang (7 oz container)
- Low-Sodium Soy Sauce (1 bottle)
- Rice Vinegar (1 bottle)
- Sesame Oil (1 small bottle)
- Hot Honey (1 bottle)
- Honey (1 small bottle)
- Buffalo Sauce (1 bottle)
- Caesar Dressing (1 small bottle)
- Basil Pesto (6 oz jar)
- Balsamic Glaze (1 small bottle)
- Ranch Seasoning (1 packet)
- Sriracha (1 small bottle)
- Chipotle Peppers in Adobo (1 small can)
- Low-Sodium Chicken Broth (32 oz carton)
- Low-Sodium Beef Broth (32 oz carton)
- Cornstarch (1 small box)
- Olive Oil (1 bottle)
- Cajun Seasoning (1 jar)
- Smoked Paprika (1 jar)
- Paprika (1 jar)
- Garlic Powder (1 jar)
- Cayenne or Red Pepper Flakes (1 jar)