

★ 2-Star High-Protein Comfort Food Shopping List ★

Proteins, Dairy & Grains

- Boneless, Skinless Chicken Breast (3 lbs)
- 93% Lean Ground Beef (½ lb)
- Turkey Breakfast Sausage (8 oz)
- Smoked Turkey Sausage (8 oz)
- Large Eggs (1 dozen)
- Plain Nonfat Greek Yogurt (16 oz tub)
- Shredded Cheddar Cheese (8 oz bag)
- Grated Parmesan (4 oz container)
- Light Cream Cheese (8 oz tub)
- 2% Milk (1 quart)
- Large Flour Tortillas (1 package)
- Small Flour Tortillas (1 package)
- Rice (1 lb bag)
- Pasta (1 box)
- Panko Breadcrumbs (1 container)
- All-Purpose Flour (1 small bag)

Produce

- Russet Potatoes (3 lb bag)
- Bell Peppers (3)
- Yellow Onions (2)
- Garlic (1 bulb)
- Romaine Lettuce (1 large head)
- Shredded Cabbage (1 bag)
- Broccoli (1 large head or bag)
- Kale or Spinach (1 small bag)
- Scallions (1 bunch)
- Lemon (1)

Pantry

- Salsa (1 jar)
- Buffalo Sauce (1 bottle)
- BBQ Sauce (1 bottle)
- Red Enchilada Sauce (1 can)
- Caesar Dressing (1 small bottle)
- Ranch Seasoning (1 packet)
- Hot Honey (1 small bottle)
- Honey (1 small bottle)
- Low-Sodium Soy Sauce (1 bottle)
- Rice Vinegar (1 bottle)
- Sesame Oil (1 small bottle)
- Low-Sodium Chicken Broth (1 carton)
- Cornstarch (1 small box)
- Olive Oil (1 bottle)
- Cooking Spray (1 can)
- Cajun Seasoning (1 jar)
- Smoked Paprika (1 jar)
- Paprika (1 jar)
- Garlic Powder (1 jar)
- Ground Cumin (1 jar)
- Italian Seasoning (1 jar)
- Dried Thyme (1 jar)
- Ground Ginger (1 jar)
- Red Pepper Flakes (1 jar)
- Sesame Seeds (1 small jar)
- Canned Black Beans (2 cans)
- Canned Cannellini Beans (1 can)