

★ 2-Star 10-Minute Low-Effort Meals Shopping List ★



Proteins & Refrigerated

- Chicken Thighs or Breasts (2½ lbs)
- Ground Chicken (1 lb)
- Eggs (1 dozen)
- Plain Greek Yogurt (32 oz)
- Shredded Cheddar (8 oz)
- Parmesan Cheese (¼ cup)
- Milk (1½ cups)
- Butter or Oil (for cooking)



Grains and Produce

- Old-Fashioned Oats (½ cup)
- Sandwich Bread (4 slices)
- Tortillas (6 large)
- Rice (2 lbs)
- Pasta or Spaghetti (2 lbs)
- Breadcrumbs (⅓ cup)
- Canned Chickpeas (3 cans)
- Canned Black Beans (2 cans)
- Canned Tomato Sauce (15 oz)
- Canned Diced Tomatoes (15 oz)
- Frozen Corn (1 cup)
- Apples (3)
- Bananas (3)
- Sweet Potatoes (3 medium)
- Tomato (1)
- Lemon or Limes (2)
- Baby Spinach (1 small bag)
- Romaine (1 head)
- Slaw Mix (2 bags)



Condiments, Sauces & Spices

- Buffalo Sauce (⅓ cup)
- Salsa (½ cup)
- Salsa Verde (1 cup)
- Peanut Butter (2 tbsp)
- Soy Sauce (1 tbsp)
- Mayonnaise (2 tbsp)
- Dijon Mustard (1 tsp)
- Honey or Maple Syrup (2 tbsp)
- Smoked Paprika (1 tsp)
- Cumin (1 tsp)
- Garlic Powder (1½ tsp)
- Onion Powder (¼ tsp)
- Dried Dill (½ tsp)
- Italian Seasoning (1 tsp)
- Chili Powder (½ tsp)
- Cinnamon (1 tsp)
- Vanilla (¼ tsp)
- Worcestershire Sauce (½ tsp)
- Cornstarch (1 tsp)