

3-Star 10-Minute Low-Effort Meals Shopping List

Proteins & Refrigerated

- Ground Chicken (1 lb)
- Thin Chicken Cutlets (1¼ lbs)
- Rotisserie Chicken (1½ lbs)
- Lean Ground Beef (12 oz)
- Chicken Sausage (12 oz)
- Salmon Fillets (4 fillets, ~1½ lbs)
- Roasted Turkey (6 oz)
- Eggs (1 dozen)
- Cottage Cheese (1 cup)
- Greek Yogurt (2 cups)
- Milk (2½ cups)
- Feta Cheese (6 oz)
- Gruyère Cheese (¾ cup)
- Provolone Cheese (¼ cup)
- White Cheddar (2 oz)
- Fresh Mozzarella (1 oz)
- Parmesan Cheese (½ cup)
- Butter (3 tbsp)
- Hummus (⅓ cup)
- Pesto (1 tbsp)

Condiments, Oils & Spices

- Extra-Virgin Olive Oil (⅓ cup)
- Sesame Oil (1 tsp)
- White Miso (1½ tbsp)
- Peanut Butter (2 tbsp)
- Hot Honey (2½ tbsp)
- Dijon Mustard (2 tsp)
- Soy Sauce (1 tbsp)
- Worcestershire Sauce (1 tsp)
- Red Wine Vinegar (1 tbsp)
- Apple Cider Vinegar (1 tsp)
- Rice Vinegar (1 tsp)
- Salsa (½ cup)
- Pepperoncini (⅓ cup)
- Pure Maple Syrup (2 tsp)
- Instant Espresso (1 tsp)
- Italian Seasoning (2 tsp)
- Chili Powder (1 tsp)
- Cumin (1 tsp)
- Garlic Powder (1 tsp)
- Dried Thyme (½ tsp)
- Pistachios (1 tbsp)
- Peanuts (2 tbsp)
- Sesame Seeds (1 tsp)

Produce & Frozen

- Lemons (4)
- Limes (2)
- Mixed Berries (1½ cups)
- Sweet Onion (1 large)
- Red Onion (2 tbsp)
- Cucumbers (2 medium)
- Avocados (2)
- Cherry Tomatoes (1½ pints)
- Zucchini (1 medium)
- Red Bell Pepper (½)
- Green Beans (12 oz)
- Baby Spinach (2½ cups)
- Arugula (8 cups)
- Romaine (2 cups)
- Slaw Mix or Cabbage (5 cups)
- Apple (½)
- Scallions (2)
- Fresh Herbs (½ cup)
- Baby Potatoes (10 oz)
- Garlic (1 clove)
- Protein Pancake Mix (2 cups)

Grains, Breads & Legumes

- Old-Fashioned Oats (½ cup)
- Chia Seeds (3½ tbsp)
- Panko (1 cup)
- Whole-Grain Wraps or Pitas (4)
- Whole-Grain Bread (6 slices)
- English Muffin (1)
- Tostada Shells (8)
- Shelf-Stable Gnocchi (1 lb)
- Microwave Rice or Grains (4 cups)
- Canned Chickpeas (15 oz)
- Beef Broth (1½ cups)