

★ 3-Star Neuro-Nutrition Meal Plan

Shopping List ★

Meat & Dairy

- Fresh or Frozen Salmon Fillets (1 lb)
- Smoked Salmon (2 oz package)
- Peeled and Deveined Shrimp (12 oz)
- Boneless, Skinless Chicken Breast (1 lb)
- Sirloin Steak (5–6 oz)
- Canned Tuna in Water (1 can)
- Large Eggs (6)
- Plain Greek Yogurt (16 oz container)
- Part-Skim Ricotta (8–15 oz container)
- Goat Cheese (4 oz package)
- Feta Cheese (4 oz package)
- Parmesan Cheese (2–3 oz)
- Milk (1 pint)
- Butter (1 small package)

Grains, Bread & Legumes

- Rolled Oats (1 container)
- Whole-Grain Bread (1 loaf)
- Quinoa (1 small bag)
- Brown Rice (1 small bag)
- Whole-Wheat Pasta (1 box)
- Quick-Cooking Polenta (1 package)
- Canned Lentils (1 can)
- Canned White Beans (1 can)

Fruits & Vegetables

- Blueberries (1 pint or frozen bag)
- Frozen Dark Cherries (1 small bag)
- Banana (1)
- Avocados (3)
- Lemons (4)
- Limes (2)
- Baby Spinach (2 containers, ~5 oz each)
- Cucumbers (2 medium)
- Carrots (2 medium)
- Cherry Tomatoes (1 pint)
- Sweet Potatoes (2 medium)
- Baby Potatoes (8 oz)
- Broccoli (2 crowns)
- Broccolini (1 bunch)
- Mushrooms (4 oz)
- Garlic (1 bulb)
- Frozen Shelled Edamame (10–12 oz bag)

Nuts, Oils & Condiments

- Walnuts (1 small bag)
- Shelled Pistachios (1 small bag)
- Chia Seeds (1 small bag)
- Almond Butter (1 small jar)
- Dark Chocolate Bar (70% cacao)
- Extra-Virgin Olive Oil (1 bottle)
- Dijon Mustard (1 jar)
- Pure Maple Syrup (1 small bottle)