⭐2-Star Neuro-Nutrition Meal Plan Shopping List⭐

🥩 Meat & Dairy

- Fresh or Frozen Salmon Fillets (10 oz)
- Canned Salmon (1 can, ~5 oz)
- Canned Tuna in Water (1 can)
- Boneless, Skinless Chicken Thighs (1¼ lbs)
- Large Eggs (6)
- Plain Greek Yogurt (24 oz container)
- Shredded Cheese (4 oz bag)
- Milk (1 pint)
- Whole-Wheat Tortillas (1 package)

🌾 Grains, Bread & Legumes

- Rolled Oats (1 container)
- Brown Rice (1 lb bag)
- Whole-Grain Bread (1 loaf)
- Canned Chickpeas (1 can)
- Canned Black Beans (2 cans)
- Canned Lentils (1 can)
- Canned Diced Tomatoes (1 can)

🍎 Produce

- Blueberries (1 pint or frozen bag)
- Bananas (2)
- Apple (1)
- Avocado (1)
- Lemons (3)
- Limes (2)
- Baby Spinach (10 oz bag)
- Sweet Potatoes (4 medium)
- Broccoli (2 large crowns)
- Carrots (1 lb bag)
- Cucumber (1 large)
- Bell Pepper (1)
- Green or Red Cabbage (1 small head)
- Onion (1 medium)
- Garlic (1 bulb)

🥜 Nuts, Seeds & Condiments

- Walnuts (1 small bag)
- Chia Seeds (1 small bag)
- Natural Peanut Butter (1 small jar)
- Unsweetened Cacao Powder (1 small container)
- Extra-Virgin Olive Oil (1 bottle)
- Dijon Mustard (1 jar)