

★ 3-Star Superfood Meal Plan

Shopping List ★

Proteins and Dairy

- 8 ounces chicken breast
- 4-ounce sirloin steak
- 5-ounce filet mignon
- Approximately 9 ounces salmon
- 5 ounces Chilean salmon
- 5 ounces cod
- 10 ounces peeled shrimp
- ½ can sardines
- 6 large eggs
- 5 ounces extra-firm tofu
- 1 bag frozen shelled edamame
- Plain Greek yogurt
- Feta cheese
- Parmesan cheese
- Light coconut milk

Grains, Beans and Bread

- Whole-grain bread
- Quinoa
- Black or forbidden rice
- Farro
- Arborio rice
- 1 can chickpeas
- 1 can white beans

Produce

- 1 large container baby spinach
- 1 small container mixed greens or arugula
- 1 small package microgreens
- 1 bunch kale
- 1 bunch broccolini
- 1 bunch asparagus
- 2 baby bok choy
- 1 small cauliflower
- 1 small eggplant
- 2 sweet potatoes
- 1 zucchini
- 2 red bell peppers
- 1 package mushrooms
- 1–2 cucumbers
- 2 carrots
- 1 pint cherry tomatoes
- 1 can crushed tomatoes
- 2 avocados
- 1 pomegranate
- 1–2 onions
- 1 bulb garlic
- 3 lemons
- 2 limes
- 1 small piece fresh ginger
- 1 bunch parsley
- 1 bunch dill
- 1 bunch mint

Pantry

seasonings assumed on hand (purchase only if needed):

- Sesame oil
 - Tahini
 - White miso
 - Dijon mustard
 - Honey
 - Red-wine vinegar
 - Low-sodium broth
 - Nutritional yeast
 - Pistachios
 - Sesame seeds
 - Dried apricots
- #### Herbs and Spices
- Ground turmeric
 - Ground cumin
 - Smoked paprika
 - Ground cinnamon
 - Garlic powder
 - Dried oregano
 - Dried parsley
 - Red-pepper flakes
 - Salt