

★ 2-Star Superfood Meal Plan

Shopping List ★

Proteins and Dairy

- 1 lb chicken breast
- 1 lb lean ground turkey
- ½ lb lean ground beef
- 10–12 ounces frozen salmon
- 5–8 ounces frozen white fish
- 8–12 ounces frozen shrimp
- 1 dozen eggs

Ingredients

- 32-ounce container plain Greek yogurt
- Small package feta
- Small bag shredded mozzarella
- Small bag shredded cheddar or Mexican-blend cheese
- Small container grated Parmesan

Grains and Canned

- Old-fashioned rolled oats
- Whole-grain bread
- Whole-grain English muffins
- Whole-wheat pasta
- Brown rice
- Small corn tortillas
- Whole-wheat breadcrumbs

Canned and Frozen Ingredients

- 1 can white beans
- 1 can crushed tomatoes
- Salsa
- Pesto

Produce

- 1 large container baby spinach
- 1 small package romaine or mixed greens
- 1 small green or red cabbage
- 1 large head or bag of broccoli
- 2 bell peppers
- 1 pint cherry tomatoes
- 2–3 medium tomatoes
- 3 medium sweet potatoes
- 1–2 white or yellow potatoes
- 3 avocados
- 1 bag frozen blueberries
- 1 bag frozen mixed berries
- 1 container strawberries
- 2 apples
- 2 bananas
- 1 bag carrots
- 2 onions
- 1 bulb garlic
- 2 lemons
- 2 limes
- Frozen corn

Pantry

seasonings assumed on hand (purchase only if needed):

- Chia seeds
 - Walnuts
 - Honey
 - Low-sodium soy sauce
 - Olive oil
 - Cornstarch
 - Sesame seeds
 - Buffalo sauce
 - Low-sodium chicken broth
- #### Seasonings
- Ground cinnamon
 - Italian seasoning
 - paprika
 - Ground cumin
 - Garlic powder
 - Dried oregano
 - Dried dill
 - Salt
 - Black pepper
 - Vanilla extract