

★1-Star No-Decision Real Food Week Shopping List★

🔍 Proteins, Grains & Dairy

- Boneless Skinless Chicken Thighs (1¼ lb)
- Large Eggs (30)
- Shredded Cheddar (22 oz)
- Milk (½ gallon)
- Rolled Oats (4 cups)
- Whole-Wheat Sandwich Bread (1 loaf)
- Small Tortillas (14)
- Large Tortillas (12)
- Rice (1½ cups dry)
- Pasta (12 oz)
- Breadcrumbs (2 cups)
- Canned Black Beans (4 cans)
- Canned White Beans (3 cans)
- Dry Red Lentils (¾ cup)
- Peanut Butter (6 tbsp)
- Olive or Neutral Cooking Oil

🥔 Produce, Frozen & Pantry

- Russet Potatoes (5 lb)
- Sweet Potatoes (2 medium)
- Bananas (4)
- Apples (2)
- Garlic (1 bulb)
- Frozen Broccoli (2 lb)
- Frozen Corn (24 oz)
- Canned Diced Tomatoes (1 can)
- Canned Crushed Tomatoes (1 can)
- Salsa (1 large jar)
- Chicken Broth (1 carton)
- Cinnamon
- Vanilla Extract
- Baking Powder
- Garlic Powder
- Paprika
- Smoked Paprika
- Ground Cumin