

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

Meat, Dairy, Grains & Breads

- Boneless Skinless Chicken Breast (5 lb)
- Boneless Skinless Chicken Thighs (1½ lb)
- Lean Ground Beef (1¼ lb)
- Large Eggs (28)
- Plain Greek Yogurt (64 oz)
- Milk (3 cups)
- Shredded Cheddar (18 oz)
- Feta Cheese (4 oz)
- Grated Parmesan (5 oz)
- Whole-Wheat Pitas (4)
- Large Whole-Wheat Tortillas (8)
- Small Tortillas (8)
- Tortilla Chips (10–12 oz bag)
- Rice (3 cups dry)
- Pasta (12 oz)
- Spaghetti or Noodles (12 oz)
- Rolled Oats (3½ cups)
- Frozen Shredded Hash Browns (1 lb)
- Breadcrumbs (1¼ cups)

Pantry Staples (purchase only if needed)

- Black Pepper
- Chili Powder
- Ground Cumin
- Smoked Paprika
- Garlic Powder
- Ground Ginger
- Cinnamon

Produce, Canned & Pantry

- Potatoes (2½ lb)
- Strawberries (1 lb)
- Bananas (3)
- Apples (1)
- Cucumbers (2)
- Large Tomatoes (5)
- Bell Pepper (1)
- Onion (1)
- Broccoli Florets (1½ lb)
- Baby Spinach (1 large bag)
- Romaine or Mixed Greens (2 heads)
- Shredded Carrots (1 cup)
- Limes (3)
- Lemons (1)
- Garlic (1 bulb)
- Canned Black Beans (3 cans)
- Canned Diced Tomatoes (1 can)
- Frozen Corn (1 bag)
- Frozen Peas (1 bag)
- Chicken Broth (1 carton)
- Salsa (1 jar)
- Honey
- Peanut Butter
- Reduced-Sodium Soy Sauce
- Vinegar
- Olive Oil
- Vanilla Extract
- Baking Powder