

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

🥩 Proteins, Dairy & Refrigerated

- Boneless Skinless Chicken Breasts (4¾ lb)
- Boneless Skinless Chicken Thighs (2 lb)
- Sirloin Steak (1¼ lb)
- Lean Ground Beef (1½ lb)
- Sliced Turkey (12 oz)
- Large Eggs (24)
- Plain Greek Yogurt (56 oz)
- Milk (3 cups)
- Sharp Cheddar (8 oz)
- Mozzarella (8 oz)
- Feta (6 oz)
- Parmesan (8 oz)
- Half-and-Half (½ cup)
- Butter (1 small package)

🥬 Produce & Fresh Items

- Baby Potatoes (4½ lb)
- Strawberries (3 cups)
- Blueberries (2 cups)
- Apples (1 large)
- Avocados (3)
- Cucumbers (4)
- Cherry Tomatoes (3 pints)
- Large Tomatoes (4)
- Bell Peppers (2)
- Red Onion (1)
- Broccoli Florets (1½ lb)
- Baby Spinach (4 cups)
- Romaine/Mixed Greens (14 cups)
- Arugula (7 cups)
- Lemons (4)
- Limes (2)
- Fresh Ginger (1 small piece)
- Garlic (1 bulb)
- Fruit for Lunch (4 servings)

🥫 Pantry, Oils & Seasonings

- Olive Oil
- Almond Butter (¼ cup)
- Pesto (¼ cup)
- Dijon Mustard
- Honey
- Maple Syrup
- Reduced-Sodium Soy Sauce
- Rice Vinegar
- Balsamic Vinegar
- Sesame Oil
- Hot Sauce
- Chia Seeds
- Walnuts (¼ cup)
- Sesame Seeds
- Cinnamon
- Vanilla Extract
- Ground Cumin
- Paprika
- Garlic Powder
- Turmeric
- Italian Seasoning

🌾 Bread, Grains & Tortillas

- Sourdough Bread (2 loaves)
- Rolled Oats (2 cups)
- Jasmine Rice (2 cups dry)
- Whole-Wheat Pitas (4)
- Small Tortillas (8)
- Large Tortillas (4)
- Panko Breadcrumbs (¾ cup)
- Graham Crackers (¼ cup crushed)