

# ★ 3-Star Sunday Meal Prep Game Plan Shopping List ★



## Meat, Eggs & Dairy

- 93% Lean Ground Beef (1 lb)
- Boneless Skinless Chicken Breast (2 lbs)
- 93% Lean Ground Turkey (2 lbs)
- Large Eggs (6)
- Liquid Egg Whites (8 oz)
- Plain Nonfat Greek Yogurt (48 oz)
- Sharp Cheddar Cheese (3 oz)
- Butter (1 stick)



## Pantry & Seasonings

- Honey (6 tbsp)
- Sliced Almonds (1 oz)
- Worcestershire Sauce (1 bottle)
- Apple Cider Vinegar (1 bottle)
- Olive Oil (1 bottle)
- Vanilla Extract (1 bottle)
- Smoked Paprika (1 jar)
- Chili Powder (1 jar)
- Ground Cumin (1 jar)
- Garlic Powder (1 jar)
- Onion Powder (1 jar)
- Dried Oregano (1 jar)
- Kosher Salt (1 container)
- Black Pepper (1 container)
- Cooking Spray (1 can)



## Grains, Bread & Canned

- Large Burrito-Size Flour Tortillas (5)
- Jasmine or Long-Grain Rice (24 oz)
- Panko Breadcrumbs (½ cup)
- Granola (5 oz)
- Canned Black Beans (15 oz)
- Frozen Corn (10 oz)
- Diced Green Chiles (4 oz)
- Smoky Salsa Roja (1 small jar)
- BBQ Sauce (1 bottle)



## Produce

- Russet Potatoes (1 lb)
- Broccoli (1½ lbs)
- Bell Peppers (2)
- Yellow Onion (1)
- Jalapeño (1)
- Garlic (1 bulb)
- Limes (4)
- Fresh Cilantro (1 bunch)
- Mixed Berries (15 oz)