

★ 1-Star Iron-Maximizing Meal Prep Plan Shopping List ★



Proteins, Grains, Canned & Dairy

- Large Eggs (8)
- Lean Ground Beef (1 lb)
- Boneless, Skinless Chicken Thighs (1½ lbs)
- Tortillas (5 large)
- Dry Rice (1½ cups)
- Rolled Oats (1½ cups)
- Salsa (½ cup)
- Low-Sodium Soy Sauce (¼ cup)
- BBQ Sauce (¾ cup)
- Honey or Brown Sugar (5 tbsp)
- Cornstarch (1 tbsp)
- Peanut Butter (½ cup)
- Unsweetened Cocoa Powder (¼ cup)
- Shredded Cheddar Cheese (1 cup)



Produce & Seasonings

- Russet Potatoes (6 medium)
- Fresh Spinach (4 cups)
- Yellow Onions (2 medium)
- Garlic (1 bulb)
- Oranges (5)
- Frozen Broccoli (1 large bag)
- Frozen Corn (1 cup)
- Smoked Paprika (1 tsp)
- Garlic Powder (1 tsp)
- Ground Ginger (½ tsp)
- Salt (to taste)
- Black Pepper (to taste)