

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

Proteins, Grains, Canned & Dairy

- Lean Ground Beef (1 lb)
- Boneless, Skinless Chicken Thighs (1½ lbs)
- Large Eggs (10)
- Dry Brown or Green Lentils (1 cup)
- Brown Rice (1½ cups dry)
- Whole-Wheat Tortillas (5 large)
- Corn Tortillas (8–10)
- Iron-Fortified Whole-Grain Cereal (1 box)
- Frozen Corn (1 small bag)
- Black Beans (4 cans)
- Diced Tomatoes (1 can)
- Salsa (1 jar)
- Red Enchilada Sauce (1 large can)
- Shredded Cheddar Cheese (½ cup)
- Shredded Mexican-Blend Cheese (1½ cups)

Produce

- Fresh Spinach (1 large bag)
- Red Bell Peppers (3)
- Yellow Onions (2)
- Oranges (5)
- Lime (2)

Snacks & Seasonings

- Pumpkin Seeds (¾ cup)
- Raisins (½ cup)
- Chili Powder (pantry)
- Ground Cumin (pantry)
- Garlic Powder (pantry)
- Smoked Paprika (pantry)
- Salt (pantry)
- Black Pepper (pantry)