

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

Meat, Eggs, Dairy & Canned

- Lean Ground Beef (2 lbs)
- Boneless, Skinless Chicken Thighs (1½ lbs)
- Large Eggs (8)
- Shredded Cheddar Cheese (1 small bag)
- Cannellini Beans (2 cans)
- Diced Tomatoes (1 can)
- Salsa (1 jar)
- Low-Sodium Chicken Broth (32 oz carton)

Produce

- Fresh Spinach (2 large bags)
- Red Bell Peppers (3 large)
- Russet Potato (1 medium)
- Yellow Onion (2 medium)
- Red Onion (1 small)
- Cucumber (1 large)
- Cherry Tomatoes (1 pint)
- Carrots (3 medium)
- Celery (2 stalks)
- Garlic (1 bulb)
- Lemons (3)
- Oranges (5)

Grains & Legumes

- Dry Lentils (1 cup)
- Dry Quinoa (1 cup)
- Rolled Oats (1 cup)
- Large Whole-Wheat Tortillas (5)

Nuts, Seeds, Pantry & Seasonings

- Pumpkin Seeds (¾ cup)
- Natural Peanut Butter (1 jar)
- Dried Cherries (1 bag)
- Unsweetened Cocoa Powder (¼ cup)
- Honey (3 tbsp)
- Vanilla Extract (1 tsp)
- Olive Oil (5 tbsp)
- Garlic Powder (1 tsp)
- Smoked Paprika (1½ tsp)
- Ground Cumin (1 tsp)
- Dried Oregano (2 tsp)
- Dried Thyme (1 tsp)
- Salt (to taste)
- Black Pepper (to taste)