

★ 1-Star Fibermaxxing Shopping List ★

Proteins, Dairy, Grains & Pantry

- Eggs (11)
- Milk (5 cups)
- Plain Greek Yogurt (40 oz)
- Parmesan (1¼ cups grated)
- Rolled Oats (6½ cups)
- Chia Seeds (6 tbsp)
- Whole-Grain Tortillas (12)
- Whole-Wheat Pasta (24 oz)
- Brown Rice (3 cups dry)
- Peanut Butter (1 cup)
- Frozen Corn (3 cups)
- Olive or Cooking Oil
- Maple Syrup or Sugar
- Vanilla Extract
- Italian Seasoning
- Smoked Paprika
- Chili Powder
- Ground Cumin
- Garlic Powder
- Red Pepper Flakes
- Vinegar

Produce & Canned

- Bananas (6)
- Frozen Mixed Berries (1 lb)
- Russet or Yukon Gold Potatoes (3 lb)
- Sweet Potatoes (4 medium)
- Yellow Onions (4)
- Bell Peppers (2)
- Garlic (1 bulb)
- Carrots (5 large)
- Green Cabbage (1 large head)
- Lemons (3)
- Limes (2)
- Chickpeas (12 cans)
- Black Beans (2 cans)
- Crushed Tomatoes (84oz)
- Lentils (3 cups cooked)
- BBQ Sauce (1 bottle)
- Dijon Mustard (1 bottle)
- Hot Sauce (1 bottle)