

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

Proteins & Dairy

- Lean Ground Turkey (2¼ lb)
- Boneless Skinless Chicken Thighs (3 lb)
- Eggs (8)
- Milk (6 cups)
- Plain Greek Yogurt (5 cups)
- Feta (1½ cups)
- Ricotta (2¼ cups)
- Parmesan (¾ cup)

Grains & Pantry

- Rolled Oats (6 cups)
- Chia Seeds (9 tbsp)
- Farro (4½ cups dry)
- Brown Rice (4 cups cooked)
- Whole-Grain Rigatoni (24 oz)
- Sourdough Bread (16 slices)
- Chickpeas (8 cans)
- Cannellini Beans (2 cans)
- Black Beans (2 cans)
- Crushed Tomatoes (3 large cans)
- Lentils (3 cups cooked)
- Calabrian Chile Paste (1 jar)
- Shelled Pistachios (1 cup)
- Pumpkin Seeds (1 cup)
- Tahini (1 jar)
- Honey (¼ cup)
- Maple Syrup (½ cup)
- Chili Crisp (1 jar)
- Dijon Mustard
- Olive Oil

Produce & Spices

- Raspberries (6 cups)
- Blueberries (6 cups)
- Avocados (4)
- Baby Arugula (4 cups)
- Mixed Greens (15 oz)
- Cucumbers (3 large)
- Cherry Tomatoes (3 pints)
- Sweet Potatoes (7 medium)
- Red Cabbage (4 cups shredded)
- Frozen Corn (2 cups)
- Brussels Sprouts (2 lb)
- Baby Spinach (4 cups)
- Yellow Onions (3)
- Carrots (3)
- Garlic (2 bulbs)
- Lemons (8)
- Limes (2)
- Fresh Parsley (2 bunches)
- Fresh Basil (2 bunches)
- Fresh Cilantro (1 bunch)
- Italian Seasoning
- Smoked Paprika
- Garlic Powder
- Red Pepper Flakes
- Vanilla Extract