

3-Star Longevity Meal Plan

Shopping List

Proteins, Dairy & Canned

- Boneless, skinless chicken thighs
- Lean ground turkey
- Salmon fillets
- Canned salmon
- Plain Greek yogurt
- Feta
- Fresh Parmesan
- Eggs
- Milk of choice
- Cannellini beans
- Chickpeas
- Artichoke hearts
- Crushed or diced tomatoes
- Light coconut milk
- White miso paste
- Dijon mustard
- Low-sodium chicken or vegetable broth

Pantry & Frozen

- Old-fashioned rolled oats
- Whole-grain pasta
- Whole-wheat couscous
- Whole-grain pitas or flatbreads
- Whole-grain bread
- Whole-grain breadcrumbs
- Whole-wheat orzo
- Brown rice
- Frozen dark sweet cherries

Produce & Nuts

- Lemons
- Limes
- Orange
- Avocado
- Banana
- Blueberries
- Mixed berries
- Cherry tomatoes
- Cucumber
- Baby spinach
- Arugula
- Romaine
- Butter lettuce
- Broccoli
- Broccolini
- Brussels sprouts
- Sweet potatoes
- Red onions
- Yellow onion
- Garlic
- Fresh ginger
- Fresh parsley
- Scallions
- Unsalted pistachios
- Walnuts
- Almonds
- Chia seeds
- Sesame seeds
- Shelled edamame

Only Purchase If Not On Hand

- Extra-virgin olive oil
- Reduced-sodium soy sauce
- Toasted sesame oil
- Rice vinegar
- Honey
- Za'atar seasoning
- Ground cumin
- Smoked paprika
- Ground coriander
- Turmeric
- Dried oregano
- Garlic powder
- Ground cinnamon
- Red pepper flakes
- Black pepper
- Salt
- Unsweetened cocoa powder
- Dark chocolate
- Vanilla extract
- Baking powder