

★ 2-Star Longevity Meal Plan

Shopping List ★



Proteins & Dairy

- Boneless, skinless chicken breast or thighs
- Sliced roasted turkey breast
- Lean ground turkey
- Salmon fillets
- Plain Greek yogurt
- Parmesan
- Mozzarella
- Provolone or Swiss cheese (optional)
- Sharp cheddar
- Eggs
- Milk of choice
- Butter



Grains, Beans & Nuts

- Whole-grain bread or sourdough
- Whole-grain pitas
- Small corn or whole-wheat tortillas
- Large whole-wheat tortillas
- Old-fashioned rolled oats
- Whole-grain penne or rigatoni
- Whole-grain spaghetti
- Cannellini beans
- Walnuts
- Almond butter
- Pumpkin seeds



Produce & Pantry

Grains

- Apples
- Bananas
- Avocados
- Blueberries
- Strawberries
- Fresh mixed berries
- Lemons
- Limes
- Cherry tomatoes
- Medium tomatoes
- Baby spinach
- Arugula or mixed greens
- Cucumbers
- Shredded cabbage or coleslaw mix
- Broccoli
- Sweet potatoes
- Baby potatoes
- Fresh green beans
- Red onion
- Garlic
- Fresh parsley
- Fresh cilantro
- Whole-wheat flour
- Whole-wheat breadcrumbs

Only Purchase If Not On Hand

- Basil pesto
- Dijon mustard
- Balsamic vinegar
- Honey
- Maple syrup
- Low-sodium chicken broth
- Extra-virgin olive oil
- Ground cinnamon
- Garlic powder
- Dried oregano
- Italian seasoning
- Ground cumin
- Smoked paprika
- Everything bagel seasoning
- Red pepper flakes
- Vanilla extract
- Baking powder
- Salt
- Black pepper