

# ★ 1-Star Longevity Meal Plan

## Shopping List ★

|  <b>Proteins, Dairy, Canned &amp; Aromatics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  <b>Produce, Grains &amp; Nuts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Only Purchase If Not On Hand</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"><li>• Chicken breast or thighs</li><li>• Lean ground turkey</li><li>• Lean flank steak or sirloin</li><li>• Canned tuna</li><li>• Plain Greek yogurt</li><li>• Cottage cheese</li><li>• Ricotta cheese</li><li>• Sharp cheddar</li><li>• Mozzarella</li><li>• Eggs</li><li>• Milk of choice</li><li>• Cannellini beans</li><li>• Black beans</li><li>• Crushed tomatoes</li><li>• Diced tomatoes</li><li>• Tomato paste</li><li>• Low-sodium chicken or vegetable broth</li><li>• Yellow onions</li><li>• Red onion</li><li>• Garlic</li><li>• Fresh ginger</li><li>• Scallions</li><li>• Fresh parsley</li><li>• Fresh cilantro</li></ul> | <ul style="list-style-type: none"><li>• Bananas</li><li>• Apples</li><li>• Blueberries</li><li>• Avocado</li><li>• Lemons</li><li>• Baby potatoes</li><li>• Russet potatoes</li><li>• Sweet potatoes</li><li>• Broccoli</li><li>• Fresh green beans</li><li>• Baby spinach</li><li>• Mixed greens or arugula</li><li>• Shredded cabbage or coleslaw mix</li><li>• Tomatoes</li><li>• Cucumber</li><li>• Parmesan</li><li>• Butter</li><li>• Whole-grain bread</li><li>• Whole-wheat tortillas</li><li>• Brown rice</li><li>• Whole-grain wheat cereal</li><li>• Whole-grain short pasta</li><li>• Whole-wheat breadcrumbs</li><li>• Walnuts</li></ul> | <ul style="list-style-type: none"><li>• BBQ sauce</li><li>• Dijon mustard</li><li>• Mayonnaise</li><li>• Honey</li><li>• Maple syrup</li><li>• Reduced-sodium soy sauce</li><li>• Rice vinegar</li><li>• Apple cider vinegar</li><li>• Toasted sesame oil</li><li>• Extra-virgin olive oil</li><li>• Ground cinnamon</li><li>• Vanilla extract</li><li>• Garlic powder</li><li>• Dried Italian seasoning</li><li>• Ground cumin</li><li>• Chili powder</li><li>• Smoked paprika</li><li>• Cornstarch</li></ul> |