⭐15 Ingredients, 15 Meals, 15 Minutes or Less Shopping List⭐

Proteins & Produce

- Chicken tenderloins (2 lb)
- Frozen salmon (5 portions, 4–5 oz each)
- Eggs (6 large)
- Liquid egg whites (16 oz)
- Avocados (3)

Carbohydrates & Vegetables

- Sweet potatoes (3 medium)
- Russet potatoes (3 medium)
- Sourdough bread (1 small loaf)
- Gluten-free English muffins (2)
- Fresh spinach (8 oz)

Frozen, Fats & Condiments

- Frozen broccoli (24 oz)
- Berries (2 cups)
- Natural peanut butter (1 small jar)
- Olive oil (1 small bottle)
- Coconut aminos (1 small bottle)