

1 Star High Energy Meal Plan Shopping List

Produce

- Bananas (1 bunch)
- Onion (1 bag)
- Carrots (1 bag)
- Potatoes (1 bag)
- Cabbage (1 head)

Frozen Foods

- Frozen Mixed Veggies (1 bag)
- Frozen Berries (1 bag)
- Spinach (frozen or fresh)

Proteins

- Eggs (18-pack)
- Chicken Thighs (value pack)

Pantry & Grains

- Oats (bulk bag)
- Granola (bulk)
- Lentils (dry bag)
- Rice (10 lb bag)
- Elbow Pasta (1 box)

Pantry & Canned Goods

- Canned Tomatoes (2-3 cans)
- Canned Chickpeas (2 cans)
- Canned Beans (2 cans)
- Pita Bread (1 package)

Condiments & Dairy

- Plain Yogurt (1 container)
- Peanut Butter (1 jar)
- Hot Sauce (1 bottle)
- Soy Sauce (1 bottle)
- Garlic Powder (1 container)