

1 Star Menstrual Support Meal Plan Shopping List

Produce

Fruits

- Apples (1)
- Bananas (1)
- Raspberries (1 container)
- Dates (1 small package)
- Limes (1)
- Avocado (1)

Vegetables

- Spinach (1 bag)
- Artichoke Hearts (1 jar)
- Carrots (1 bag, or 4-5 medium)
- Green Cabbage (1 small head)
- Cucumbers (1)
- Cauliflower (1 head)
- Broccoli (1 head)
- Mixed Bell Peppers (2-3 peppers)
- Cherry Tomatoes (1 container)
- Arugula (1 bag)
- Garlic (1 head)
- Fresh Basil (1 bunch)
- Fresh Ginger (1 knob)
- Sweet Potato (1 large)

Meat, Poultry & Seafood

- Ground Lamb or Turkey (½ lb)
- Short Ribs (1 lb)
- Chicken Breast (1 lb)
- Shrimp (½ lb)

Plant-Based Milks

- Oat Milk (1 carton)
- Almond Milk (1 carton)
- Coconut Milk (1 can)

Grains, Breads & Starches

- Quinoa (1 bag)
- Gnocchi (1 package)
- Oats (1 container)
- Whole-Wheat Noodles (1 package)
- Couscous (1 box)
- Brown Rice (1 bag)
- Whole-Grain Bread (1 loaf)
- Flatbread (1 package)

Pantry & Dry Goods

- Chia Seeds (1 bag)
- Peanut Butter (1 jar)
- Honey (1 bottle)
- Maple Syrup (1 bottle)
- Cocoa Powder (1 container)
- Tomato Sauce (1 jar/can)
- Tomato Paste (1 tube/can)
- Curry Paste (1 jar)
- Balsamic Vinegar (1 bottle)
- Black Beans (1 can)
- Tahini (1 jar)
- Soy Sauce (1 bottle)
- Sesame Oil (1 bottle)
- Olive Oil or Cooking Oil

Dairy & Refrigerated

- Eggs (1 dozen)
- Mozzarella Cheese (1 bag/block)
- Light Cream Cheese (1 tub)
- Parmesan Cheese (1 wedge/container)
- Feta Cheese (1 container)