

3 Star Seasonal Affective Disorder Support Meal Plan Shopping List ✨

Proteins

- Salmon Fillets (1 lb)
- Chicken Thighs (1.5 lb)
- Eggs (12 count)
- Canned Tuna (2 cans)

Dairy

- Heavy Cream (pint)
- Whole Milk (gallon)
- Cream Cheese (8 oz)
- Parmesan (8 oz)
- Shredded Mozzarella (8 oz)
- Smoked Gouda (8 oz)
- Ricotta (15 oz)
- Butter (1 lb)
- Greek Yogurt (1 tub)

Grains & Bread

- Brioche Bread (1 loaf)
- Orzo (1 lb)
- Shell Pasta (1 lb)
- Jumbo Shells (1 box)
- All-Purpose Flour (2 lb)
- Gnocchi (1 package)
- Rice (1 lb)

Vegetables

- Sweet Potatoes (2 medium)
- Butternut Squash (1)
- Broccoli Florets (frozen, 1 lb)
- Spinach (fresh, 8 oz)
- Mixed Vegetables (frozen, 1 lb)
- Onions (3 lb bag)
- Garlic (1 head)
- Canned Tomatoes (2 cans)
- Roasted Red Peppers (jarred)
- Corn (frozen or canned)

Fruits

- Pears (2)
- Apples (3)
- Bananas (1 bunch)

Pantry & Spices

- Brown Sugar (small bag)
- Honey (1 bottle)
- Fresh Sage (1 bunch)
- Thyme
- Oil/Butter