

# 2 Star Mediterranean Pre-Diabetes Meal Plan Shopping List ✨

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## Proteins

- Chicken Breast (3–4 lb)
- Ground Turkey (1 lb)
- Ground Lamb (½ lb)
- Eggs (24 count)
- Canned Salmon (2 cans)

## Produce

- Spinach (2 large bags)
- Zucchini (4–5)
- Bell Peppers (4)

## Plant Proteins & Grains

- Lentils (dry or canned)
- Chickpeas (2 cans)
- Halloumi-style Cheese or Extra-Firm Tofu
- Brown Rice (4 lb)

## More Produce & Pantry

- Yellow Onions (3)
- Garlic (1 head)
- Lemons (2)
- Olive Oil
- Paprika
- Cumin
- Oregano