🛒 2 Star Fertility Meal Plan Shopping List✨

🍗 Proteins & Dairy

- Eggs (18 large)
- Chicken Thighs (1.5-2 lb)
- Ground Turkey (1 lb)
- Shrimp (12 oz)
- Salmon (12 oz)
- Greek Yogurt (32 oz)
- Feta Cheese (4-6 oz)

🥒 Vegetables

- Eggplant (1 large)
- Zucchini (3)
- Cucumbers (2)
- Cherry Tomatoes (2 pints)
- Spinach (5-10 oz)
- Scallions (1 bunch)

🍚 Carbs & Bread

- Jasmine/Basmati Rice (2 lb)
- Bread or Flatbread (1 loaf/pack)

🍋 Citrus & Herbs

- Lemons (4)
- Limes (4)
- Orange (1)
- Garlic (2 bulbs)
- Ginger (1 knob)
- Cilantro (1 bunch)
- Parsley or Dill (1 bunch)

🧂 Pantry & Flavor

- Olive Oil
- Honey
- Soy Sauce
- Miso Paste (optional)
- Pistachios or Walnuts (6-8 oz)
- Cumin
- Paprika
- Oregano
- Chili Flakes