

2 Star Quiet the Food Noise Meal Plan Shopping List (EBT Friendly) ✨

Proteins

- Boneless Chicken Thighs (3 lb)
- Ground Beef 80/20 (2 lb)
- Italian Sausage (1 lb)
- Eggs (12 large)

Carbs

- Pasta (Rigatoni or Penne, 2 lb)
- Jasmine or Long-Grain Rice (2 cups dry)
- Potatoes (3 lb)
- Sandwich Bread (1 loaf)

Produce

- Yellow Onions (4)
- Bell Peppers (4)
- Garlic (2 bulbs)
- Canned Crushed Tomatoes (3 × 28 oz cans)
- Tomato Paste (1 small can)
- Carrots or Zucchini (1 lb, optional)

Pantry & Seasonings

- Olive or Vegetable Oil
- Butter
- Salt
- Black Pepper
- Dried Oregano or Italian Seasoning