

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

Proteins

- Chicken Drumsticks (4½ lb / 8–10)
- Eggs (18 large)

Carbs

- White Rice (dry, 2½ cups)
- Potatoes (5 lb)
- Flour
- Tortillas (8-count)

Produce

- Yellow Onions (3 medium)
- Bell Peppers (3 medium)
- Garlic (1 bulb)
- Frozen Corn or Peas (1½ cups)

Pantry

Staples

- Vegetable Oil
- Soy Sauce
- Salt
- Black Pepper