

2 Star Tapas Meal Plan

Shopping List

Proteins & Dairy

- Chicken Breast or Thighs (2–2.5 lbs)
- Ground Turkey or Ground Beef (1 lb)
- Eggs (1 dozen)
- Plain Greek Yogurt (32 oz tub)

Carbs & Bases

- Rice (1 small bag)
- Potatoes (3–4 medium)
- Bread (1 loaf)

Vegetables & Fruit

- Cucumbers (2)
- Carrots (1 bag)
- Lettuce (1 head or bag)
- Bananas (5–7)

Pantry & Flavor

- Olive Oil
- Butter
- Salt
- Black Pepper
- Garlic Powder