

3 Star Womens Hormone-Support Meal Plan Shopping List

Produce & Pantry

- Spinach (1 large container)
- Broccoli (2 heads)
- Zucchini (3)
- Carrots (3)
- Asparagus (1 bunch)
- Cucumber (2)
- Cherry tomatoes (1 pint)
- Mixed greens (1 bag)
- Frozen berries (1 bag)

Protein & Dairy

- Eggs (18 count)
- Chicken breast (2.5 lbs)
- Ground beef (1 lb)
- Salmon (2 fillets ~6 oz each)
- Shrimp (1 lb)
- Turkey slices (8 oz)
- Greek yogurt (32 oz tub)
- Feta cheese

Carbs & Grains

- Quinoa (1 cup dry)
- Jasmine rice (2 cups dry)
- Whole grain bread (1 loaf)
- Whole grain wraps (1 pack)
- Oats (1 cup)
- Sweet potatoes (3 medium)
- Baby potatoes (1 lb)

Pantry, Fats & Extras

- Avocados (3)
- Olive oil
- Almond butter
- Chia seeds
- Flaxseed meal
- Canned tuna (2 cans)
- Protein powder (5 servings worth)
- Lemon (2)
- Garlic (1 bulb)
- Tahini