

# 1 Star Healthy Comfort Meals

## Meal Plan Shopping List

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### Proteins & Carbs

- Chicken Breast (2–2.5 lbs)
- Eggs (1 dozen)
- Rolled Oats (1 container)
- Rice (2 cups dry)
- Pasta (1 box)
- Bread (1 loaf)
- Potatoes (4–5 medium)

### Produce & Pantry

- Bananas (4–5)
- Onion (1)
- Cooking Oil (1 bottle)
- Salt
- Black Pepper
- Cinnamon
- Shredded Cheese (1 small bag)
- Canned Beans (1 can)