

# 2 Star Healthy Comfort Meals

## Meal Plan Shopping List

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### Proteins & Dairy

- Chicken Breast (2–2.5 lbs)
- Lean Ground Turkey (1 lb)
- Eggs (1 dozen)
- Liquid Egg Whites (16 oz carton)
- Nonfat Greek Yogurt (32 oz tub)
- Protein Powder (1 small container)
- Shredded Cheese (1 bag)
- Sliced Cheese (1 pack)
- Milk (1 small carton)

### Carbs & Grains

- Rolled Oats (1 container)
- Rice (1–2 cups dry)
- Pasta (1 box)
- Bread (1 loaf)
- Tortillas or Wraps (1 pack)
- Granola (1 small bag)
- Potatoes (4–5 medium)

### Produce & Canned

- Bananas (4–5)
- Lettuce (1 bag)
- Onion (1)
- Garlic (1 bulb)
- Black Beans (1 can)
- Marinara Sauce (1 jar)
- BBQ Sauce (1 bottle)
- Buffalo Sauce (1 bottle)

### Pantry & Spices

- Olive Oil
- Mustard
- Sweetener
- Peanut Butter
- Salt
- Black Pepper
- Garlic Powder
- Cinnamon