

# 3 Star No-Decision Family Meal Plan Shopping List

---

## Proteins & Dairy

- Chicken Breast or Thighs (2 lbs)
- Ground Turkey or Beef (0.5 lb)
- Salmon Fillet (0.5 lb)
- Sliced Turkey (8 oz pack)
- Eggs
- Greek Yogurt (32 oz tub)
- Shredded Cheese (1 small bag)
- Sour Cream (optional, small tub)

## Grains, Wraps & Pantry

- Rice (1 small bag)
- Pasta (1 box)
- Whole Wheat Wraps (1 pack)
- Tortillas (1 pack)
- Granola (1 small bag)
- Honey (1 small bottle)
- Chia Seeds (1 small bag)
- Hummus (1 container)
- Crackers or Pita (1 box)
- Olive Oil (1 bottle)
- Taco Seasoning (1 packet)

## Produce & Frozen

- Berries (1 bag, fresh or frozen)
- Bananas (not used – omit)
- Avocados (2)
- Lettuce (1 head or bag)
- Baby Carrots (1 bag)
- Cucumber (1)
- Broccoli (1 head)
- Potatoes (1 medium)
- Green Beans (1 small bag)
- Spinach (1 bag)
- Garlic (1 bulb)
- Canned Black Beans (1 can)
- Marinara Sauce (1 jar)
- Salsa (1 jar)