

# Steady Blood Sugar, 3-Star Meal Plan for Feel-Good Days

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## Proteins & Dairy

- Chicken Breast (1.5–2 lbs)
- Lean Ground Turkey (1–1.25 lbs)
- Salmon Fillets (12 oz)
- Lean Steak (8 oz)
- Lean Ground Beef (½ lb)
- Eggs (6 count)
- Nonfat Greek Yogurt (32 oz tub)
- Low-Fat Cottage Cheese (16 oz)
- Protein Powder (5 scoops / 1 small container)

## Grains, Beans & Pantry

- Quinoa (½ cup dry)
- Jasmine or Brown Rice (1.5 cups dry)
- Rolled Oats (1 cup dry)
- Sweet Potatoes (2 medium)
- Gold or Russet Potatoes (2–3 medium)
- Whole Grain Bread (1 loaf)
- Whole Wheat Pita (1–2 pieces)
- Tortillas (1 pack)
- Black Beans (1 can)
- Granola (1 small bag)
- Soy Sauce or Coconut Aminos (1 bottle)
- Taco Seasoning (1 packet)
- Salt, Pepper, Garlic Powder, Cinnamon, Dried Dill
- Lemon (2–3)

## Produce & Vegetables

- Avocados (2)
- Apples (2)
- Bananas (2)
- Frozen Mixed Berries (1 bag)
- Blueberries (1 small container)
- Cucumber (1)
- Cherry Tomatoes (1 container)
- Mixed Greens or Arugula (1 large container)
- Broccoli or Mixed Stir-Fry Veggies (2–3 cups)
- Green Beans (1 bag)
- Zucchini or Bell Peppers (2 total)
- Spinach (1 small bag)

## Fats, Sauces & Dairy Extras

- Olive Oil (1 small bottle)
- Butter (small amount)
- Peanut Butter (1 jar)
- Almond Butter (1 jar)
- Sesame Oil (1 small bottle)
- Mayonnaise (small amount)
- Shredded Cheese (1 small bag)
- Hummus (1 small container)
- Salsa (1 jar)
- Unsweetened Almond Milk (1 carton)
- Honey
- Chili Flakes
- Sriracha