

The 1-Star Complete Protein Vegetarian Meal Plan

Proteins & Grains

- Eggs (1 dozen)
- Dry Lentils (1 bag)
- Canned Chickpeas (1 can)
- Canned Black Beans (2 cans)
- Peanut Butter (1 small jar)
- White or Brown Rice (2–3 cups dry)
- Rolled Oats (small container)
- Bread (1 loaf)
- Tortillas (1 pack)

Produce & Pantry

- Bananas (4–5)
- Apples (2–3)
- Onion (1 small, optional)
- Vegetable Oil or Olive Oil (1 bottle)
- Butter (optional, 1 stick)
- Soy Sauce (1 bottle)
- Mustard (1 jar)
- Salsa (1 jar)
- Salt, Black Pepper, Cinnamon, Garlic Powder, Curry Powder