

★ The 3-Star Luxury Hair Growth Diet Plan ★

Proteins & Dairy

- Salmon fillets – 1.25–1.5 lbs total
- Chicken breast – 12 oz
- Chicken thighs – 12 oz)
- Sirloin steak – 6 oz
- Shrimp – 6 oz
- Canned tuna – 1 can
- Sliced turkey breast – 8 oz
- Plain Greek yogurt – 32 oz tub
- Cottage cheese – 16 oz tub
- Feta cheese – 6 oz block
- Ricotta cheese – 8 oz tub
- Mozzarella cheese slices – 8 oz pack
- Parmesan cheese – 4 oz wedge
- Collagen peptides – 10–12 oz
- Vanilla protein powder – small container
- Coconut milk – 13.5 oz can
- Butter – 1 stick
- Heavy cream – 8 oz carton

Pantry

- Olive oil – 16 oz bottle
- Honey – 8 oz bottle
- Brown sugar – 1 lb bag
- Almond butter – 12 oz jar
- Coconut flakes – 4 oz bag
- Sesame seeds – 2 oz container
- Sesame oil – 8 oz bottle
- Rice vinegar – 8 oz bottle
- Pesto – 6 oz jar
- Miso paste – 8 oz tub
- Sun-dried tomatoes – 6 oz jar
- Chickpeas – 15 oz can
- Edamame – 8 oz (frozen)
- Sriracha
- Pickled onions – 6 oz

Produce & Fruit

- Strawberries – 1 pint
- Blueberries – 6 oz container
- Cherries – 6 oz
- Bananas – 2
- Mango – 1
- Pineapple – 8 oz
- Avocados – 2
- Limes – 2
- Lemons – 2
- Garlic – 1 bulb
- Ginger – 2 inch piece
- Spinach – 5–8 oz bag
- Baby potatoes – 12 oz
- Sweet potato – 1 medium
- Green beans – 8 oz
- Bok choy – 1 head
- Cucumber – 1
- Cherry tomatoes – 1 pint
- Mixed vegetables – 12 oz bag
- Arugula – 5 oz container
- Cabbage mix – 8 oz bag

Grains & Seasonings

- Rolled oats – 18 oz container
- Jasmine rice – 1 lb bag
- Pasta – 1 lb box
- Ramen noodles – 8 oz package
- Sourdough bread – 1 loaf
- Flatbread – 1 pack (2–4 pieces)
- Tortillas – 1 pack (8 count)
- Granola – 8–12 oz bag
- garlic powder, Italian seasoning
- Chia seeds – 4 oz bag
- Pistachios – 4 oz bag
- Cocoa powder
- Red curry paste – 4 oz jar