

★ The 1-Star Fast Food at Home Meal Plan Shopping List ★

Protein & Dairy

- Chicken breast – 5 lbs
- Lean ground beef – 3½ lbs
- Eggs – 18
- Plain Greek yogurt – 2 large containers
- Shredded cheddar cheese – 2 bags
- Vanilla protein powder – 1 container

Breads, Tortillas & Grains

- Brioche buns – 1 package
- English muffins – 1 package
- White bread – 1 loaf
- Rolled oats – 1 container
- White rice – 1 bag
- Tortilla chips – 1 bag
- Flour – 1 bag
- cornflakes – 1 box

Produce

- Russet potatoes – 14
- Shredded lettuce – 2 bags
- Yellow onion – 1
- Broccoli – 2 crowns
- Pickles – 1 jar
- Garlic – 1 bulb
- Strawberries – 1 container

Pantry, Canned & Extras

- Milk – 1 carton
- Shredded cheese – 1 package
- Olive oil – 1 bottle
- Cooking spray – 1 can
- Honey – 1 bottle
- Hot honey – 1 bottle
- Soy sauce – 1 bottle
- Salsa – 1 jar
- Buffalo sauce – 1 bottle
- Taco seasoning – 1 packet
- Ranch seasoning – 1 packet
- Ketchup – 1 bottle
- Mustard – 1 bottle
- Black beans – 1 can
- Frozen corn – 1 bag