

★ The 3-Star Recovery Reset Meal Plan Shopping List ★

Proteins & Dairy

- Boneless skinless chicken breast – 34 oz (about 2.25 lbs)
- Lean ground turkey – 20 oz (about 1.25 lbs)
- Salmon fillets – 20 oz (about 1.25 lbs)
- Plain Greek yogurt – 40 oz container
- Eggs – 3
- Vanilla protein powder – 4 scoops
- Shredded mozzarella cheese – ½ cup
- Grated parmesan cheese – 2 tbsp

Broths, Dairy & Pantry

- Low-sodium chicken broth – 15 cups
- Milk of choice – 1 cup
- Butter – 2 tbsp
- Olive oil – 4 tbsp
- Sesame oil – 2 tsp
- Low-sodium soy sauce – 1 tbsp
- Rice vinegar – 1 tsp
- White miso paste – 1 tbsp
- Honey – 5 tsp
- Cinnamon, garlic powder, onion powder, dried parsley, dried thyme, vanilla extract

Fruits & Vegetables

- Bananas – 4
- Blueberries – 1 cup
- Frozen mixed berries – ½ cup
- Apples – 1
- Lemon – 1
- Carrots – 7–8 cups
- Celery – 2 cups
- Zucchini – 1 medium
- Sweet potatoes – 2 medium
- Potatoes – 4 medium
- Spinach – 3 cups
- Mushrooms – 1 cup
- Green onions – 1 bunch
- Onion – 1 medium
- Frozen peas – 1 cup
- Garlic – 1 whole bulb
- Fresh ginger root – 1 small piece
- Fresh parsley – 1 small bunch

Grains & Carbohydrates

- Old-fashioned oats – 2 cups
- White rice (uncooked) – 3 cups
- Egg noodles – 1 cup
- Polenta – ½ cup
- Breadcrumbs – ¼ cup
- Granola – ¼ cup