

# ★ 2-Star The Remote Work Week

## Meal Plan Shopping List ★

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### Proteins & Eggs

- Rotisserie chicken – 1 whole large
- Lean ground turkey – 18 oz (≈1.1 lbs)
- Boneless skinless chicken thighs – 10 oz
- Plain Greek yogurt – 32 oz container
- Eggs – 6
- Vanilla protein powder – 3 scoops
- Shredded mozzarella cheese – 1 cup

### Fruits & Vegetables

- Bananas – 5
- Apples – 2
- Blueberries – ½ pint
- Potatoes – 9 medium
- Carrots – 6–7 cups
- Celery – 2 cups
- Spinach – 3 cups
- Onion – 1 medium
- Green onions – 1 bunch
- Garlic – 1 whole bulb
- Fresh ginger root – 1 small piece
- Frozen peas – 1 bag

### Pantry

- Old-fashioned oats – 2 cups
- White rice (uncooked) – 2 cups
- Egg noodles – 1 cup
- Pasta – 4 oz
- Whole wheat bread – 1 loaf
- Granola – ¼ cup
- Low-sodium chicken broth – 13 cups
- Milk of choice – 1 cup
- Butter – 2 tbsp
- Olive oil – 5 tbsp
- Low-sodium soy sauce – 1 tbsp
- Honey
- Cinnamon, garlic powder, onion powder, dried parsley, vanilla extract
- Rice cakes – 1 pack
- Peanut butter – 1 jar
- Sugar-free maple syrup – 1 bottle
- Cacao powder – 1 container
- Monk fruit sweetener – 1 container