

★ 3-Star Menopause Meal Plan

Shopping List ★

Meat & Seafood

- Salmon Fillets – 1 lb
- Smoked Salmon – 4 oz
- Cod Fillet – 1
- Canned Tuna, Sardines – 2 cans/tins
- Chicken Breast – 1 lb
- Sirloin Steak – 8 oz
- Liquid Egg Whites – 16 oz carton
- Vanilla Protein Powder – 1 container

Dairy & Grains

- Plain Greek Yogurt, Cottage Cheese – 32 oz & 16 oz
- Feta Cheese, Goat Cheese – 4 oz each
- Unsweetened Soy Milk – ½ gallon
- White Miso Paste, Almond Butter – 1 each
- Old-Fashioned Oats – 18 oz
- Quinoa, Farro, Dry Lentils – 1 lb each
- Sourdough, Whole Grain Bread – 1 loaf each
- Cannellini Beans – 2 cans

Oils, Nuts & Spices

- Walnuts, Chia Seeds, Flaxseed, Pumpkin Seeds – 8 oz each
- Olive Oil, Sesame Oil – 1 bottle each
- Honey, Dijon Mustard, Rice Vinegar, Red Wine Vinegar, Soy Sauce
- Everything Bagel Seasoning, Cinnamon, Garlic Powder, Dried Oregano, Dried Thyme, Dried Rosemary, Sea Salt, Black Pepper

Produce

- Mixed Berries – 3 pints
- Kiwis – 2
- Pears, Bananas – 2 each
- Lemons – 3
- Avocados – 2
- Sweet Potatoes – 2
- Green Cabbage – 1 small
- Carrots – 2
- Brussels Sprouts – 1 lb
- Garlic – 1 head
- Edamame, Frozen Mixed Berries – 12 oz each

Fresh Vegetables & Herbs

- Microgreens – 1 package
- English Cucumber, Cherry Tomatoes – 1 each
- Fresh Parsley – 1 bunch
- Broccoli – 1 crown
- Green Onions – 1 bunch
- Red Onion – 1
- Asparagus – 1 bunch
- Zucchini – 1
- Red Bell Pepper – 1
- Baby Arugula – 5 oz
- Green Beans – 12 oz
- Baby Spinach – 10 oz
- Mushrooms – 8 oz