

★ The 1-Star Feel-Your-Best Costco Meal Plan Shopping List ★

Proteins

- Rotisserie chicken – 1 whole
- Eggs – 18 count

Grains & Starches

- Old-fashioned oats – 1 container (18 oz)
- Brown rice – 1 small bag (1.5 cups dry)
- Peanut butter – 1 jar

Produce & Frozen

- Bananas – 1 bunch
- Sweet potatoes – 5 medium
- Baby spinach – 1 large container
- Frozen mixed vegetables – 1 large bag

Pantry & Seasonings

- Olive oil – 1 bottle
- Cinnamon, garlic powder, salt, black pepper