

★ 2-Star Heat Wave Survival Meal Plan Shopping List ★

Proteins and Grains

- Boneless, skinless chicken breasts – 2½ lbs (40 oz)
- 93% lean ground turkey – ½ lb (8 oz)
- 93% lean ground beef – ½ lb (8 oz)
- Salmon fillet – ¾ lb (12 oz)
- Deli roasted turkey breast – ½ lb (8 oz)
- Nonfat Greek yogurt – 48 oz (1 large tub)
- Low-fat cottage cheese – 16 oz container
- Vanilla protein powder – 5 scoops
- Old-fashioned rolled oats – 1½ cups
- Jasmine rice (dry) – 2½ cups
- Protein pasta – 4 oz dry
- Whole wheat tortillas – 1 package (8 count)
- Granola – 1 small bag
- Graham crackers – 1 sleeve
- Crumbled feta cheese – 1 small container (5–6 oz)
- Shredded cheddar cheese – 1 small bag (8 oz)
- Mini mozzarella pearls – 8 oz container
- Unsweetened almond milk – 1 quart

Produce and Pantry

- Strawberries – 1 pint
- Blueberries – 1 pint
- Peaches – 2
- Cherries – ½ lb
- Pineapple – 1 small
- Mango – 1
- Lemons – 2
- Limes – 3
- English cucumbers – 2
- Cherry tomatoes – 2 pints
- Romaine lettuce – 1 head
- Baby spinach – 1 bag
- Green cabbage – 1 small bag
- Baby potatoes – 1½ lb bag
- Fresh broccoli florets – 1 bag
- Fresh green beans – 12 oz bag
- Shredded carrots – 1 bag
- Frozen or canned corn – 1 bag
- Avocados – 2
- Red onion – 1
- Green onions – 1 bunch
- Garlic – 1 head
- Fresh basil – 1 bunch
- Fresh parsley – 1 bunch
- Fresh mint – 1 small bunch
- Sliced almonds – 1 small bag
- Chia seeds – 1 small bag
- Unsweetened coconut flakes – 1 small bag