

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

🍖 Proteins and Pantry

- Boneless, skinless chicken breasts – 2¼ lbs
- Salmon fillets – 1½ lbs
- Flank steak or sirloin – 6 oz
- Large shrimp – 6 oz
- Deli roasted turkey breast – 5 oz
- Nonfat Greek yogurt – 64 oz
- Vanilla protein powder – 5 scoops
- Protein pasta – 2 oz dry
- Old-fashioned rolled oats – 1 cup
- Orzo (dry) – ½ cup
- Jasmine rice (dry) – 2½ cups
- Sushi rice (dry) – ½ cup
- Farro (dry) – ½ cup
- Spinach tortilla – 1 large
- Graham crackers – 2 sheets
- Feta cheese – 6 oz
- Burrata – 1 small ball (4 oz)
- Parmesan cheese – 2 oz block
- Unsweetened vanilla almond milk – 1 quart
- Light coconut milk – 1 small can
- Cotija cheese – 4 oz
- Sesame oil
- Honey
- Dijon mustard
- Low-sodium soy sauce
- Rice vinegar
- Balsamic glaze
- Peanut butter
- Chia seeds
- Pistachios
- Macadamia nuts
- Pecans
- Matcha powder

🍎 Produce

- Peaches – 2
- Mango – 2
- Pineapple – 1 small
- Strawberries – 1 pint
- Blueberries – 1 pint
- Cherries – ½ lb
- Kiwi – 1
- Lemons – 4
- Limes – 6
- Avocados – 4
- English cucumbers – 4
- Cherry tomatoes – 2 pints
- Baby spinach – 1 bag
- Arugula – 1 bag
- Green cabbage – 1 small head
- Shredded carrots – 1 bag
- Edamame (shelled) – 1 bag
- Fresh corn – 2 ears (or 1 bag frozen corn)
- Red onions – 2
- Red bell pepper – 2
- Garlic – 2 heads
- Fresh ginger – 1 small knob
- Fresh basil – 2 bunches
- Fresh parsley – 1 bunch
- Fresh dill – 1 bunch
- Fresh cilantro – 2 bunches
- Fresh chives – 1 bunch
- Fresh mint – 1 bunch
- Sprouts – 1 package
- Roasted red peppers – 1 jar