

1-Star Superfood Meal Plan

Shopping List

Proteins and Dairy

- 1 dozen eggs
- Approximately 8 ounces chicken or ground chicken
- ½ pound lean ground turkey
- 1 can tuna
- 16-ounce container plain Greek yogurt
- Small container cottage cheese
- 8-ounce bag shredded mozzarella
- Milk

Grains and Beans

- Old-fashioned rolled oats
- Whole-grain bread
- Whole-wheat pita
- Whole-wheat tortillas
- Corn tortillas
- Whole-grain spaghetti
- Brown rice
- Whole-wheat flour
- 1 can chickpeas
- 1 can white beans
- 1 can black beans
- Dry red or brown lentils
- Frozen shelled edamame

Produce

- 1 small bag carrots
- 1 small green cabbage
- 1 zucchini
- 2 bell peppers
- 1 small bag baby spinach
- 1 small package mushrooms
- 2 bananas
- 1–2 apples
- 2 medium potatoes
- 1 avocado
- 1 onion
- 1 bulb garlic
- 1 lemon or lime
- 1 small bag frozen blueberries or mixed berries
- 1 bag frozen peaches
- 1 bag frozen broccoli
- 1 bag frozen peas and carrots
- 1 bag frozen corn
- 1 can pineapple

Pantry seasonings assumed on hand (purchase only if needed):

- Peanut butter
- Chia seeds
- Ground flaxseed
- Honey or maple syrup
- Crushed tomatoes
- Broth or bouillon
- Low-sodium soy sauce
- Vinegar
- Cornstarch
- Baking powder
- Cooking oil
- Seasonings
- Cinnamon
- Ground ginger
- Italian seasoning
- Dried thyme
- Chili powder
- Ground cumin
- Garlic powder
- Salt
- Black pepper
- Vanilla extract