



Optional sides and protein options not included

Produce

- white mushrooms (8 oz)
- eggplant (1 large)
- carrots (2)
- green bell peppers (2)
- red bell pepper (1)
- onions (4)
- garlic cloves (1-2 bulbs)
- ginger root (1" knob)
- Bibb lettuce (1 head)
- baby spinach (5 oz)
- lemon (2)
- Medjool dates (12)
- banana (1)**

Fresh Herbs *optional*

- parsley (1 bunch)
- green onions (1 bundle)

Refrigerated

Dairy

- butter (1 stick)
- plain yogurt (sm container)
- ricotta cheese (15 oz tub)
- grated parmesan cheese (16 oz)
- shredded mozzarella (32 oz bag)
- milk (1 1/2 cups)**

cold brew coffee (1 cup)**

Frozen

n/a

Meat/Seafood

- large shrimp, peeled (1 lb)
- ground beef (2 lb)
- ground chicken (1 1/4 lb)

Pantry

- avocado/olive oil
- spaghetti (8 oz box)
- lasagna sheets (16 oz box)
- long grain white rice (1/2 cup)
- marinara sauce (25 oz jar)
- diced tomatoes (2-15 oz cans)
- chickpeas (15 oz can)
- harissa (sm jar)*
- water chestnuts (8 oz can)
- tomato paste (5 oz tube or can)
- rice vinegar (2 tbsp)*
- soy sauce (2 tbsp)*
- sriracha (1 tsp)*
- toasted sesame seed oil (1 tsp)*
- peanut butter (3/4 cup)
- roasted peanuts (4 oz bag)
- rolled oats (1/4 cup)
- dark chocolate bar (4 oz)
- vanilla protein**
- cocoa powder**

Spices

- crushed red pepper
- oregano
- Italian seasoning
- cinnamon

Bakery

n/a

Ingredient notes

*One container of this ingredient can be used for many more recipes.

**The breakfast coffee smoothie recipe makes 2 servings. Increase milk, cold brew and other ingredients as needed.