

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (5)
- garlic (2 bulbs)
- potatoes (1 lb)
- carrots (6)
- celery head (1)
- cherry tomatoes (1 pint)
- lemon (2)
- bananas (1 bunch)\*
- dates (1 pack)\*

## Fresh Herbs *optional*

- parsley (2 bunches)
- mint (1 clamshell)

## Refrigerated

### Dairy

- mozzarella cheese (8 oz bag)
- crumbled feta cheese (5 oz tub)
- whole milk ricotta cheese (15 oz tub)
- plain yogurt (24 oz tub)
- butter (1 stick)
- unsweetened almond milk (32 oz carton)

### Frozen

- shredded phyllo dough (8 oz)

## Meat/Seafood

- boneless skinless chicken breast (2 lbs)
- beef stew meat (1 lb)
- large shrimp, peeled & deveined (1 lb)
- cod fish fillets (1 1/2 lbs)

## Pantry

- olive oil (1 cup)
- spaghetti (8 oz)
- pearl couscous (10 oz)
- basmati rice (16 oz)
- vegetable broth (2 - 32oz carton)
- kalamata olives (sm jar)\*
- capers (sm jar)\*
- tomato paste (4 oz tube)
- creamy peanut butter (16 oz jar)
- rose water (sm bottle)\*
- pine nuts (2 oz bag)
- slivered almonds (2 oz bag)
- chia seeds (2 tbsp)\*
- all-purpose flour (1/2 cup)
- granulated sugar (1 1/4 cup)

## Bakery

- pita (*optional for shish tawook*)

## Spices

- paprika
- cinnamon
- oregano
- ground ginger
- dried thyme
- dried basil
- bay leaves
- cumin
- turmeric
- 7 spice

## Ingredient notes

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