



Optional sides and protein options not included

## Produce

- yellow onions (3)
- red onion (1)
- green onion (1 bunch)
- garlic (1 bulb)
- green bell pepper (1)
- tomatoes (2)
- lemons (5)
- mushrooms (8 oz)
- baby spinach (11 oz clamshell)

## Fresh Herbs

- parsley (4 bunches)
- fresh mint (1 clamshell)

## Refrigerated

### Dairy

- crumbled feta cheese (6 oz tub)
- whole milk ricotta cheese (15 oz tub)
- shredded mozzarella cheese (8 oz bag)
- butter (3 sticks)
- eggs (1 dozen)
- whole milk (1/2 gallon)

### Frozen

- frozen spinach (5 oz)

## Meat/Seafood

- boneless skinless chicken breast (5 lbs)
- lean ground beef (3 lbs)
- large or jumbo shrimp (1 lb)

## Pantry

- olive oil (1 1/2 cups)
- basmati rice (16 oz)
- jasmine rice (16 oz)
- spaghetti (16 oz)
- quinoa (12 oz)
- chicken broth (2 - 32 oz carton)
- crushed tomatoes (25 oz can)
- chickpeas (15 oz can)
- sun dried tomatoes (sm jar)
- apricot jam (sm jar)
- rose water (sm bottle)\*
- all-purpose flour (3 cups)
- powered sugar (1 cup)

## Bakery

- wheat tortilla (4 ct)

## Spices

- paprika
- oregano
- garlic powder
- onion powder
- dried dill
- 7 spice
- thyme
- nutmeg

### Ingredient notes

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