



Optional sides and protein options not included

Produce

- avocados (1 per recipe)**
- broccoli (1 head)
- carrots (5 lg)
- celery (1 bunch)
- garlic cloves (1-2 bulbs)
- ginger (1 inch piece)
- lemon (2)
- lime (1)
- spaghetti squash (2 small)
- yellow onion (2)
- zucchini (4 medium)
- cherry tomatoes (1/2 pint)
- kale (1 bunch)
- shallot (1)

Fresh Herbs *optional*

- parsley (1 bunch)
- basil (1 bunch)

Refrigerated

Dairy

- milk (4 cups)
- shredded mozzarella (1 1/2 cups)
- butter (1 stick)
- goat cheese (4 oz)

Frozen

- pineapple (1 bag)

Meat/Seafood

- flank steak (1 lb)
- boneless skinless chicken thighs (1 1/4 lb)
- lean ground beef (1 lb)
- skinless salmon fillets (4, 6-oz fillets)

Pantry

- cornstarch (1 tsp)
- soy sauce (1/4 c)*
- oyster sauce (2 tbsp)*
- rice wine vinegar (1 tbsp)*
- sesame oil (1 tsp)*
- avocado/olive oil
- coconut oil (1/4 c)
- harissa (1/4 c)
- creamy almond butter (1/2 c)
- honey (1/2 c)
- maple syrup (optional)
- white rice (1 bag)
- tri-color quinoa (1/2 cup)
- egg noodles (6 oz)
- crushed tomatoes (2 15-oz cans)
- tomato paste (1 sm can)
- sun-dried tomatoes in oil (1 jar)
- brown rice cereal (1 box)
- coconut water (16+ oz)**

Spices

- red pepper flakes
- bay leaves
- dried oregano
- dried basil

Bakery

Ingredient notes

*One bottle makes so many meals! Invest if you like Asian cuisine and you won't have to buy another for a while!

**The avocado smoothie recipe makes 2 servings. Increase coconut water and avocados if you plan to make more than once!