



Optional sides and protein options not included

Produce

- baby bella mushrooms (24 oz)
- yellow onion (2)
- sweet potatoes (2 lbs)
- baby potatoes (1 1/2 lbs)
- garlic cloves (1-2 bulbs)
- cherry tomatoes (2 pints)
- romaine lettuce (1 head)
- avocado (1)
- lime (2)
- lemon (3)
- berries *for serving chia pudding* (1 pint)

Fresh Herbs *optional*

- parsley (1 bunch)
 - cilantro (1 bunch)
 - basil (1 bunch)
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Refrigerated

Dairy

- Greek yogurt (sm container)*
- grated parmesan cheese (5 oz tub)
- eggs (2)*
- almond milk or milk of choice (1 cup)

Frozen

- frozen corn (10 oz bag)

Meat/Seafood

- beef chuck (1 1/4 lbs)
- salmon fillets (4-6 oz fillets)
- chicken thighs or drumsticks (2 pounds)

Pantry

- avocado/olive oil
- beef stock (32 oz carton)
- egg noodles (16 oz bag)
- spaghetti (8 oz bag)
- long grain white rice (1 cup)
- chipotle peppers in adobo (7 oz can)
- black beans (15 oz can)
- salsa (1 sm jar)
- unsweetened applesauce (1 sm jar)
- apple cider vinegar (1 tbsp)*
- Dijon mustard (2 tsp)
- walnuts (8 oz bag)
- dried cranberries (6 oz bag)
- all-purpose flour (1/4 cup)
- rolled oats (2 cups)
- cane sugar (1/2 cup)
- chia seeds (4 oz)*
- honey*
- baking powder
- vanilla extract

Spices

- paprika
- chili powder
- cumin
- lemon pepper seasoning
- crushed red pepper
- 7 spice
- cinnamon

Bakery

Ingredient notes

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