



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (1)
- shallot (1 sm)
- garlic cloves (1-2 bulbs)
- green bell pepper (1)
- zucchini (1)
- carrots (3 lg)
- celery (1)
- cherry tomatoes (3 pints)
- lemons (2)
- strawberries *for dip* (1 lb)
- baby spinach (5 oz)
- green leaf lettuce mix (5 oz)
- dates (8-10 pieces)

Fresh Herbs *optional*

- basil (1 bunch)
- cilantro (1 bunch)
- rosemary (1 container)

Refrigerated

Dairy

- grated parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- crumbled blue cheese (5 oz tub)
- Greek yogurt (16 oz container)
- milk (1 cup)*
- eggs (1)*

Frozen

n/a

Meat/Seafood

- lean ground turkey (1 lb)
- boneless, skinless chicken breast (1 lb)
- salmon fillets (4 -6 oz fillets)
- New York strip steak (1-1/2 lbs)

Pantry

- avocado/olive oil
- cooking spray
- marinara sauce (1 sm jar)
- vegetable stock (3 32 oz cartons)
- white beans (3 15 oz. cans)
- penne pasta (1 lb)
- pickled red onions (6 oz jar)
- kalamata olives (1 sm jar)
- balsamic vinegar (2 tbsp)*
- honey
- Dijon mustard (1 tsp)
- creamy peanut butter (1/4 cup)
- cocoa powder (1/4 cup)
- wheat bran (1 cup)*
- whole wheat flour (1 1/2 cups)*
- baking powder (2 1/4 tsp)
- baking soda (1/2 tsp)
- vanilla extract (1 tsp)

Spices

- basil
- oregano
- thyme
- crushed red pepper flakes
- cinnamon

Bakery

n/a

Ingredient notes

*One container of this ingredient makes so many meals.