

GROCERY LIST



Optional sides and protein options not included

Produce

- spaghetti squash (2)
- shallots (6 lg)
- yellow onion (1)
- red onion (1)
- red bell pepper (1)
- garlic (2 bulbs)
- avocado (1)
- cherry tomatoes (1 pint)
- tomato *for serving tacos*
- lettuce *for serving tacos*
- broccoli florets (12 oz bag)
- lemon (2)
- ginger root (1" knob)

Fresh Herbs *optional*

- fresh parsley (1 bunch)
- basil (1-2 clamshell)
- rosemary (1 clamshell)

Refrigerated

Dairy

- unsalted butter (2-1/2 sticks)
- feta cheese block (16 oz)
- Greek yogurt (1/2 cup)
- cream cheese (8 oz block)
- eggs (1 dozen)

Frozen

n/a

Meat/Seafood

- large or jumbo shrimp (1 lb)
- ground beef (1 lb)
- flank or skirt steak (1 lb)
- whole young chicken (3-5 lbs)

Pantry

- avocado oil (3/4 c)
- olive oil (1/2 c)
- white rice (16 oz bag)
- tomato paste (2 tbsp)*
- soy sauce (3 tbsp)*
- rice vinegar (3 tbsp)*
- all-purpose flour (1 1/4 cups)
- corn starch (2 tsp)
- dark brown sugar (1 tbsp)
- granulated sugar (3/4 cups)
- powdered sugar (32 oz)
- baking powder
- vanilla extract
- freeze-dried strawberries (1 oz bag)

Bakery

- corn or flour tortillas (8)
- whole grain bread (4 slices)

Spices

- paprika
- chili powder
- cumin powder
- oregano
- garlic powder
- sesame seeds *for serving stir fry*

Ingredient notes

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