

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (2)
- shallot (1 sm)
- garlic (1 bulb)
- green onions (1 bunch)
- sliced mushrooms (16 oz)
- green cabbage (1 sm)
- Roma tomato (1)
- grape tomatoes (1 pint)
- Persian cucumbers (4)
- lemon (2)
- lime (1)
- banana (4)
- fresh berries and carrots for protein baked oats*

Fresh Herbs *optional*

- mint (1 clamshell)
 - basil (1 clamshell)
 - dill (1 clamshell)
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Refrigerated

Dairy

- mozzarella cheese (8-oz bag)
- grated parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- ricotta cheese (15 oz tub)
- Greek yogurt (16 oz container)
- sour cream (8 oz tub)
- butter (1 sticks)
- milk (1/2 gallon)
- eggs (1 dozen)
- extra firm tofu (14-oz block)

Frozen

- frozen spinach (10 oz)

Meat/Seafood

- boneless skinless chicken breasts (3 1/2 lbs)
- ground beef (1 lb)

Pantry

- olive oil (1/2 cup)
- avocado oil (2 tbsp)
- penne pasta (8 oz)
- pad thai rice noodles (8 oz)
- lasagna noodles (16 oz)
- long grain white rice (1 cup)
- orzo (8 oz)
- chicken broth (32 oz carton)
- marinara sauce (24 oz jar)
- kalamata olives (sm jar)
- soy sauce (2 tbsp)*
- sriracha (1 tbsp)*
- hoisin sauce (1 tbsp)*
- cornstarch (2 tbsp)
- peanut butter (16 oz)
- chopped peanuts (16 oz)
- rolled oats (2 cups)
- granulated sugar (3/4 cups)
- brown sugar (2 tbsp)
- maple syrup (1/4 cup)*
- Dijon mustard (1 tsp)
- protein powder (1/4 cup)
- baking powder
- chocolate chips and nuts for protein baked oats*

Bakery

- white bread (1 slice)

Spices

- Cajun seasoning
- cumin
- oregano
- Italian seasoning
- paprika
- crushed red pepper
- cinnamon

Ingredient notes

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