

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (4)
- garlic (2 bulbs)
- green bell pepper (2)
- carrots (2 large)
- celery bunch
- lemon (2)
- banana (3)
- broccoli florets (16 oz bag)
- cauliflower florets (10 oz bag)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- mozzarella cheese (8 oz bag)
- sharp cheddar cheese (8 oz bag)
- parmesan cheese *for serving*
- Greek yogurt (sm container)
- butter (1 stick)
- milk (1 1/4 cups)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breasts (3 lbs)
- large shrimp (1 lb)

Pantry

- olive oil (1 1/4 cups)
- ranch seasoning (1 oz packet)
- spaghetti pasta (16 oz)
- long grain brown rice (1 1/2 cup)
- chicken broth (32 oz carton)
- vegetable broth (32 oz carton)
- diced tomatoes (14 oz can)
- marinara sauce (24 oz jar)
- chickpeas (2 - 14 oz cans)
- tahini sauce *for serving*
- unsalted cashews (10 oz container)
- shredded coconut (14 oz bag)
- chocolate chips (sm bag)
- cornstarch (1 tbsp)
- all-purpose flour (2 cups)
- brown sugar (1 1/4 cups)
- powdered sugar (1/2 cup)
- maple syrup (2 tbsp)*
- coconut oil (2 tsp)*
- vanilla extract
- granulated sugar
- baking soda

Bakery

n/a

Spices

- Italian seasoning
- oregano
- nutmeg
- cumin
- paprika
- cardamom
- cinnamon

Ingredient notes

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