

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- red onion (1)
- garlic (2 bulbs)
- baby yellow potatoes (1 lb)
- Romaine lettuce (1 lg head)
- Roma tomatoes (6)
- Persian cucumbers (2)
- lemon (2)
- green beans (8 oz bag)
- Medjool dates (16 oz tub)

## Fresh Herbs *optional*

- parsley (2 bunches)
- cilantro (2 bunches)
- dill (1 clamshell)\*\*

## Refrigerated

### Dairy

- grated parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- plain yogurt (32 oz container)
- eggs (1 dozen)

### Frozen

- frozen peas (16 oz bag)
- frozen carrots (10 oz bag)

## Meat/Seafood

- boneless skinless chicken breasts (2 lbs)
- boneless skinless chicken thighs (1 lb)
- chuck beef (1 lb)
- salmon fillets (4 - 6 oz fillets)

## Pantry

- olive oil (1/2 c)
- avocado oil *for frying*
- cooking oil spray
- pickled banana peppers (12 oz jar)\*
- dry chickpeas (1 lb)
- tomato sauce (2 - 14 oz cans)
- canned chickpeas (14 oz can)
- harissa paste (sm jar)\*\*
- tahini paste (16 oz jar)\*
- creamy peanut butter (16 oz jar)\*\*\*
- pine nuts (2 oz bag)
- baking powder
- dark chocolate bar (3.5 oz)\*\*\*

## Bakery

- Arabic-style pita bread (1 lg)
- small tortillas (10 ct)

## Spices

- cumin
- coriander
- 7-Spice
- paprika
- cardamom
- cinnamon
- crushed red pepper

### Ingredient notes

- \*One container of this ingredient can be used for many more recipes.
- \*\*Grocery list includes ingredients for Harissa Feta Fried Egg only. See recipe for pesto version.
- \*\*\*List includes ingredients for peanut butter chocolate stuffed dates only. Check the recipe link for other flavor ideas.