



*Optional sides and protein options not included*

## Produce

- yellow onions (1)
- garlic (2 bulbs)
- carrots (2)
- red bell pepper (1)
- lemon (6)
- green onions (1 bunch)
- kale (1 bunch)
- grape tomatoes (1 pint)
- shallot (1 sm)

## Fresh Herbs *optional*

- parsley (1-2 bunches)
- cilantro (1 bunches)

## Refrigerated

### Dairy

- crumbled feta cheese (5 oz tub)
- goat cheese (sm tub or sub for feta)
- Greek yogurt (sm container)
- eggs (1 dozen)
- whole milk (up to 1 gallon)\*\*

### Frozen

- short cut green beans (20 oz)
- frozen spinach (5 oz)

### Meat/Seafood

- boneless skinless chicken breast (1 lb)
- lean ground beef (1 lb)
- salmon fillets, center cut (4, 6-oz fillets)

## Pantry

- olive oil (3/4 cup)
- red lentils (12 oz)
- short grain rice (16 oz)
- farro *pearled* (8 oz)
- cornstarch (1 tbsp)
- tomato paste (6 oz can)
- diced tomatoes (4 - 15 oz cans)
- chickpeas (2 - 15 oz cans)
- kalamata olives (sm jar)
- tahini (1 jar or 4 tbsp)\*
- julienned sun-dried tomatoes (1 sm jar)
- rose water (sm bottle)\*
- granulated sugar (3/4 cup)
- pine nuts (4 oz)
- pistachios (2 oz bag) *for serving pudding*
- pita chips

## Bakery

- crusty bread *for serving shakshuka*

## Spices

- cumin
- crushed red pepper
- bay leaves
- 7 spice
- cinnamon sticks
- coriander
- paprika
- dried dill
- oregano

### Ingredient notes

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

\*\*Rice pudding calls for 9 cups of milk. Depending on what you have on hand, you may need just 1/2 gallon of milk.