



Optional sides and protein options not included

Produce

- yellow onions (2)
- garlic (1 bulb)
- carrots (3)
- celery head (1)
- lemons (4)
- lime (1)
- cherry tomatoes (2 pints)
- fresh berries *for serving pancakes*

Fresh Herbs

- parsley (1-2 bunches)
- cilantro (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- feta cheese (8 oz block)
- shredded Mexican blend cheese (8 oz bag)
- Greek yogurt (sm container)
- clarified butter/ghee (8 oz jar)
- eggs (1 dozen)**
- whole milk (up to 1/2 gallon)**

Frozen

- phyllo dough (1 lb box of 9"x14" sheets)

Meat/Seafood

- cod fish fillets (2 1/2 lbs)
- ground beef (1 lb)
- beef chuck cubes (1 lb)
- boneless skinless chicken breast (1 lb) or
3 cups of cooked shredded chicken

Pantry

- olive oil (3/4 cup)
- cavatappi pasta *or any short pasta* (8 oz)
- pearl barley (8 oz)
- beef stock (2- 32 oz cartons)
- crushed tomatoes (28 oz can)
- diced green chiles (4.5 oz can)
- tahini paste (sm jar)*
- Worcestershire sauce (sm bottle)*
- taco seasoning (1 oz packet)
- taco shells (10-12 ct)
- pine nuts (2 oz bag)
- walnuts (16 oz bag)
- granulated sugar (1 1/2 cups)
- brown sugar (2 tbsp)
- maple syrup *for serving pancakes*
- all-purpose flour (1 cup)
- baking powder
- baking soda
- orange blossom water (sm bottle)*

Bakery

n/a

Spices

- cumin
- cayenne pepper
- 7 spice
- cinnamon
- coriander
- Italian seasoning

Ingredient notes

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

**The Greek yogurt pancake recipe calls for small amount of eggs and milk - you may have those ingredients already.