

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onions (3)
- green onion (1 bunch)
- garlic (1-2 bulbs)
- celery head (1)
- broccoli head (1)
- English cucumber (1)
- cherry tomatoes (1 pint)
- baby bella mushrooms (8 oz)
- baby spinach (10 oz bag)
- lemon (1)
- lime (1)
- ginger (1 knob)

Fresh Herbs *optional*

- parsley (1-2 bunches)
 - basil (1 clamshell)
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Refrigerated

Dairy

- unsalted butter (1 stick)
- grated parmesan cheese (5 oz tub)
- Greek yogurt (32 oz tub)
- eggs (1 dozen)**
- whole milk (up to 1/2 gallon)**

Frozen

- tortellini (9 oz)

Meat/Seafood

- boneless skinless chicken breast (1 1/4 lbs)
- medium shrimp, peeled and deveined (1 lb)

Pantry

- olive oil (1/2 cup)
- spaghetti (16 oz)
- wild rice blend (8 oz)
- white or brown rice (16 oz)
- quinoa (8oz)
- old-fashioned oats (18 oz)
- chicken stock (32 oz carton)
- vegetable stock (32 oz carton)
- diced tomatoes (28 oz can)
- tomato paste (4.5oz tube)
- chickpeas (2 - 15oz cans)
- roasted red peppers (16 oz jar)
- kalamata olives (sm jar)
- tahini paste (sm jar)*
- peanut butter (sm jar)*
- soy sauce
- rice vinegar
- toasted sesame oil
- sriracha
- dark brown sugar (1 tbsp)
- cornstarch (2 tsp)
- granulated sugar (1/4 cup)
- light brown sugar (1/2 cup)
- self-rising flour (2 cups)
- all-purpose flour (1 cup)
- baking soda
- vanilla extract

Bakery

n/a

Spices

- crushed red pepper
- oregano
- poppy seeds, everything
- bagel, sesame seeds as bagel toppings

Sauce for shrimp stir fry Swap these ingredients from the grocery list for a bottle of teriyaki sauce

- soy sauce
- rice vinegar
- toasted sesame oil
- sriracha
- dark brown sugar (1 tbsp)
- cornstarch (2 tsp)
- garlic (4 cloves)
- ginger (1 knob)
- lime (1)

Ingredient notes

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

**These week's recipes call for small amount of eggs and milk - you may have those ingredients already.