



Optional sides and protein options not included

Produce

- yellow onions (3)
- shallot (1)
- garlic (1-2 bulbs)
- cauliflower head (1)
- bell peppers (6)
- baby bella mushrooms (8 oz)
- baby spinach (6 oz bag)
- bananas (3)
- jalapenos and avocados for serving enchiladas*

Fresh Herbs *optional*

- fresh thyme (1 clamshell)
- parsley (1 bunch)
- cilantro for serving enchiladas*

Refrigerated

Dairy

- unsalted butter (1 stick)
- shredded parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- Mexican blend cheese (8 oz bag)
- mozzarella shredded cheese (8oz bag)
- whole milk cottage cheese (sm tub)
- Greek yogurt (sm tub)
- egg whites (16 oz carton)
- eggs (up to 1 dozen)**
- whole milk (up to 1/2 gallon)**

Frozen

- frozen peas (12 oz bag)

Meat/Seafood

- lean ground beef (1 lb)
- whole chicken (3-4 lbs)
- boneless skinless chicken breast (1 lb) *or*
3 cups of cooked shredded chicken

Pantry

- olive oil (3/4 cup)
- cooking oil spray
- fettuccini (16 oz)
- white rice (8 oz)
- arborio rice (8 oz)
- vegetable broth (32 oz carton)
- tomato sauce (8 oz can)
- roasted red peppers (16 oz jar)*
- red enchilada sauce (19 oz can)
- pine nuts (2 oz bag) *for serving beef stuffed peppers*
- light brown sugar (1 cup)
- all-purpose flour (2 cups)
- vanilla extract
- baking soda

Bakery

n/a

Spices

- cumin
- chili powder
- paprika
- dried thyme
- garlic powder
- red pepper flakes
- white pepper
- cinnamon
- 7 Spice

Ingredient notes

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

**This week's recipes call for small amount of eggs and milk which you may have on hand.