



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic (1 bulb)
- carrots (2)
- celery heart (1)
- bell peppers (3)
- avocado (1)
- broccoli florets (12 oz bag)
- lemon (1)
- lime (2)
- sheet pan pancake toppings:
  - blueberries
  - strawberries
  - bananas

## Fresh Herbs *optional*

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

## Refrigerated

### Dairy

- unsalted butter (1 stick)
- cream cheese (8 oz)
- Greek yogurt (sm tub)
- ricotta cheese (sm tub)
- grated parmesan cheese (sm tub)
- havarti cheese (sm block)
- grand cru cheese (sm block) - *or swap with Swiss or Gruyere cheese*
- eggs (6)
- whole milk (up to 1/2 gallon)
- heavy cream (1 pint)
- sour cream for serving shrimp fajita

### Frozen

n/a

### Meat/Seafood

- 1 lb boneless skinless chicken breasts
- 1 lb ground chicken
- 1 lb ground beef
- 1 lb large raw shrimp
- 4 - 6oz salmon fillets

## Pantry

- olive oil (1/2 cup)
- avocado oil (1/2 cup)
- cooking spray
- vegetable stock (2 - 32 oz cartons)
- chicken broth (14 oz can)
- quinoa (8 oz)
- brown rice (8 oz)
- lasagna pasta (9 oz)
- bread crumbs (8 oz)\*
- marinara sauce (24 oz jar)
- tomato paste (4.5oz tube)
- diced tomatoes (28 oz can)
- taco seasoning (1 oz packet)
- hot sauce for serving shrimp fajita\*
- all-purpose flour (4 cups)
- cane sugar (1 cup)
- honey (sm bottle)\*
- baking powder
- vanilla extract
- sheet pan pancake toppings:
  - chocolate chips

## Bakery

n/a

## Spices

- garlic powder
- oregano
- dried parsley
- paprika
- red pepper flakes
- Italian seasoning

### Ingredient notes

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