

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (3)
- red onion (1)
- garlic (1 bulb)
- ginger root (1" piece)
- red bell pepper (1)
- avocado (1)
- spinach (6 oz bag)
- oranges (2)
- lemons (2)
- lime (1)

## Fresh Herbs *optional*

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

## Refrigerated

### Dairy

- Greek yogurt (16 oz tub)
- shredded mozzarella cheese (16 oz bag)
- cheddar cheese (8 oz bag)
- smoked Gouda cheese (8 oz)
- eggs (9)
- whole milk (up to 1/2 gallon)\*\*
- plain hummus (10 oz tub)
- pizza dough (1 lb)

### Frozen

n/a

### Meat/Seafood

- 1 boneless skinless chicken breast (*or 1 cup cooked chicken*)
- 1 lb lean ground beef
- 1 lb large raw shrimp
- 4 - 6oz halibut fillets

## Pantry

- olive oil (3/4 cup)
- spaghetti (1 lb)
- penne pasta (1 lb)
- white rice for shrimp curry*
- black beans (14 oz can)
- marinara sauce (24 oz jar)
- barbecue sauce (sm bottle)\*
- coconut milk (14 oz can)
- salsa (sm jar)\*
- red curry paste (sm jar)\*
- all-purpose flour (2 cups)
- cane sugar (1 1/4 cup)
- powdered sugar (1 cup)
- baking powder
- baking soda
- vanilla extract

## Bakery

- 6" soft tortillas (6)

## Spices

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

## Ingredient notes

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

\*\*This week's recipes call for small amount of these items which you may have on hand.