



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic (1 bulb)
- broccoli (1 head)
- cucumber (1)
- tomato (1)
- avocado (1)
- lemon (1)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- whole milk cottage cheese (16 oz tub)
- grated parmesan cheese (5 oz tub)
- butter (1 stick)
- eggs (2)**

smoked salmon (sm pkg)

Frozen

n/a

Meat/Seafood

- chicken tenders (1 1/4 lbs)
- sirloin steak (1 1/2 lbs)
- large raw shrimp (1 lb)

Pantry

- olive oil (1/4 cup)
- avocado oil (1/4 cup)
- coconut oil (1/4 cup)
- toasted sesame seed oil (1 tsp)
- cooking oil spray*
- vegetable broth (1 quart)
- fusilli pasta (1 lb)
- green lentils (1 lb)
- red lentils (8 oz)
- panko breadcrumbs (15 oz canister)
- red kidney beans (15 oz can)
- tomato sauce (2 - 15 oz cans)
- diced tomatoes (14 oz can)
- pesto sauce (sm jar)
- marinara sauce (23 oz jar)
- Dijon mustard (sm jar)*
- sriracha (sm bottle)*
- all-purpose flour (1 1/4 cups)
- granulated sugar (3/4 cup)
- honey (sm bottle)*
- maple syrup (sm bottle)*
- cocoa powder (8 oz can)
- chocolate chips (sm bag)*
- baking powder
- vanilla extract

Bakery

sourdough bread (4 slices)

Spices

- paprika
- garlic powder
- onion powder
- red pepper flakes
- ground ginger
- chili powder
- oregano
- cumin powder
- Za'atar seasoning
- sesame seeds (1/4 cup)

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.