

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic (1 bulb)
- lettuce (1 head)
- tomato (1 large)
- bananas (2)
- lime (1)
- lemon (4)
- orange (1)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- fresh mozzarella (8 oz)
- grated parmesan cheese (5 oz tub)
- heavy cream (1 pint)
- milk (up to 1/2 gallon)**
- eggs (3)**

- pizza dough (1 lb)
- fresh salsa (sm tub)

Frozen

n/a

Meat/Seafood

- skirt steak (1 lb)
- salmon fillet (1 1/2 lbs)
- lean ground beef (1 lb)
- ground chicken (1 lb)

Pantry

- olive oil (1/2 cup)
- avocado oil (1 tbsp)
- cooking oil spray
- spaghetti (1 lb)
- mayonnaise
- Everything Bagel sauce (9 oz)***
- panko breadcrumbs (8 oz canister)
- tomato sauce (29 oz can)
- marinara sauce (23 oz jar)
- creamy peanut butter (sm jar)*
- rolled oats (2 cups)
- all-purpose flour (1/4 cups)
- cornstarch (3 tbsp)
- ground flaxseed (sm bag)
- granulated sugar (3/4 cup)
- maple syrup (sm bottle)*
- baking powder
- vanilla extract

Bakery

- sm corn tortillas (8)

Spices

- paprika
- garlic powder
- onion powder
- red pepper flakes
- oregano
- Mexican oregano
- cumin powder
- chili powder
- Italian seasoning
- cinnamon

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.

***If you can't find the Chosen Foods Everything Bagel Sauce, sub for mayo or another mayo-based sauce for dredging.