

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic (1 bulb)
- jalapeno pepper (1)
- avocado (1)
- romaine lettuce (1 head)
- purple cabbage (1 head)
- kale (1 bunch)
- red bell peppers (3)
- cherry tomatoes (3 pints)
- lemon (1)
- lime (2)
- mango (1)
- bananas (2)
- strawberries (4 lbs)

Fresh Herbs *optional*

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

Dairy

- feta cheese (5 oz tub)
- grated parmesan cheese (5 oz tub)
- plain yogurt (16 oz tub)
- tzatziki sauce (8 oz tub)
- milk (up to 1/2 gallon)**

Frozen

- pie crust (1)

Meat/Seafood

- large shrimp (1 lb)
- beef sirloin (2 lbs)
- chicken tenders (1 lb)

Pantry

- olive oil (1 cup)
- penne pasta (8 oz)
- quinoa (12 oz bag)
- chickpeas (2 - 15 oz cans)
- slivered almonds (4 oz bag)*
- all-purpose flour (1/2 cups)
- cornstarch (3 tbsp)
- granulated sugar (3/4 cup)

Bakery

- corn tortillas (8)
- pita bread (4)

Spices

- paprika
- garlic powder
- onion powder
- oregano
- thyme
- turmeric
- chili powder
- cardamom
- coriander
- cumin powder

Ingredient notes

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

**This week's recipes call for 3 cups of milk which you may have on hand.