

GROCERY LIST



Optional sides and protein options not included

Produce

- red onions (2)
- garlic (1 bulb)
- shallot (1)
- green onion bunch (1)
- ginger root (1" knob)
- carrots (2) *or 1 cup shredded*
- romaine lettuce (1 head)
- plum tomatoes (2)
- Persian cucumbers (4)
- lemons (3)
- seedless grapes (2 lbs)
- Veggie toppings for burgers (optional)*

Fresh Herbs *optional*

- dill (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- feta cheese (5 oz tub)
- grated parmesan cheese (5 oz tub)
- cottage cheese (16 oz tub)
- Greek yogurt (sm tub)
- cream cheese (8 oz block)
- eggs (18 ct carton)
- unsalted butter (1 stick)

Frozen

- frozen peas (12 oz bag)

Meat/Seafood

- large shrimp (1 lb)
- beef flank steak (2 lbs)
- boneless skinless chicken breasts (4 lbs)

Pantry

- olive oil (3/4 cup)
- toasted sesame oil (sm bottle)*
- spaghetti (16 oz)
- brown rice (sm bag)
- black beans (2 - 15 oz cans)
- breadcrumbs (sm can)*
- salsa (sm jar)
- basil pesto (sm jar)
- red wine vinegar (sm bottle)*
- soy sauce or tamari sauce*
- Worcestershire sauce (sm bottle)*
- kalamata olives (sm jar)
- Dijon mustard (2 tsp)*
- yellow mustard (2 tbsp)*
- honey (sm bottle)*
- chopped pecans (4 oz bag)
- brown sugar (1 tbsp)
- vanilla extract

Bakery

- Burger buns

Spices

- paprika
- garlic powder
- oregano
- dried dill
- crushed red pepper
- dried thyme
- cumin powder

Ingredient notes

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