

# GROCERY LIST



Optional sides and protein options not included

## Produce

- red onion (1)
- yellow onion (1)
- garlic (1 bulb)
- shallot (1)
- zucchini (2 medium)
- cauliflower (1 head)
- romaine or green leaf lettuce (1 head)
- tomatoes (2 large)
- grape tomatoes (1 pint)
- Persian cucumbers (2)
- lemons (10)
- blueberries (1 pint)

## Fresh Herbs *optional*

- parsley (1 bunch)
  - cilantro (1 bunch)
  - dill (1 clamshell)
  - thyme (1 clamshell)
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## Refrigerated

### Dairy

- crumbled feta cheese (5 oz tub)
- ricotta cheese (16 oz tub)
- eggs (up to dozen)
- milk (up to 1/2 gallon)

### Frozen

n/a

### Meat/Seafood

- center cut salmon filets (1 1/2 lbs)
- ground beef (1 lb)

## Pantry

- olive oil (1 cup)
- avocado oil (sm bottle)
- coconut oil (2 tbsp)
- orzo pasta (8 oz)
- dry chickpeas (1 lb)
- breadcrumbs (sm can)\*
- tahini paste (sm jar)\*
- tartar sauce (sm jar) *for serving*
- Worcestershire sauce (sm bottle)\*
- kalamata olives (sm jar)
- Dijon mustard (3 tbsp)\*
- full-fat coconut milk (1 can)
- maple syrup (sm bottle)\*
- honey (sm bottle)\*
- walnuts (8 oz bag)
- rolled oats (1 cup)
- all-purpose flour (1 1/2 cups)
- cornstarch (1/3 cup)
- granulated sugar (1 1/4 cups)
- powdered sugar *for serving lemon bars*
- baking powder

## Bakery

- Arabic style pitas (6)
- pita breads (4)

## Spices

- cumin
- coriander
- paprika
- garlic powder
- oregano
- onion powder
- turmeric

## Misc.

- wooden skewers (8-10)

### 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.