

GROCERY LIST



Optional sides and protein options not included

Produce

- red onion (1)
- garlic (1 bulb)
- sweet potatoes (2)
- broccoli (1 head)
- kale (1 bunch) *or bagged kale*
- avocado (1)
- lemons (4)
- strawberries (1 lb)

Fresh Herbs *optional*

- parsley (1 bunch)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- butter (2 tbsp)
- cream cheese (8 oz block)
- parmesan cheese (sm tub)
- crumbled feta (sm tub)
- heavy whipping cream (1 pint)
- milk of choice (up to 1/2 gallon)**
- eggs (2)**

Frozen

n/a

Meat/Seafood

- jumbo raw shrimp (1 lb)
- boneless skinless chicken breasts (1 lb)
- cod fillets (1 lb)

Pantry

- olive oil (1+ cup)
- rotini pasta (8 oz)
- quinoa (8 oz)
- chickpeas (3 - 15 oz cans)
- tahini paste (sm jar)*
- sun-dried tomatoes (sm jar)
- creamy peanut butter (sm jar)
- maple syrup (sm bottle)*
- graham cracker crust (1)
- all-purpose flour (2.5 cups)
- rolled oats (1/2 cup)
- granulated sugar (3/4 cup)
- powdered sugar (3/4 cup)
- baking powder
- vanilla extract
- chocolate bar (*for pie*)

Bakery

Spices

- BBQ seasoning
- garlic powder
- cumin
- paprika
- oregano

Misc.

- wooden skewers (6-8)

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.