



Optional sides and protein options not included

Produce

- red onion (2)
- garlic (1 bulb)
- bell peppers (2)
- jalapeno (1)
- English cucumber (1)
- cherry tomatoes (1 pint)
- baby spinach (6 oz bag)
- coleslaw mix (10 oz bag)
- lemons (3)
- lime (2)
- mango (2)
- kiwi (1 lb)
- peaches (3 lbs)
- veggie toppings for burgers*

Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)
- basil (3-4 clamshells)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- grated parmesan cheese (5 oz tub)
- crumbled feta (5 oz tub)
- unsalted butter (1 stick)
- eggs (1)**

Frozen

- vanilla ice cream *for serving*
- icea cream*

Meat/Seafood

- ground turkey (1 lb)
- raw jumbo shrimp (1 lb)
- boneless skinless chicken breast (1 1/2 lbs)
- shredded chicken (2 cups) or 1lb chicken breast

Pantry

- olive oil (1 cup)
- avocado oil (sm bottle)
- red wine vinegar (sm bottle)
- spaghetti (1 lb)
- fusilli pasta (8 oz)
- BBQ sauce (sm bottle)
- Dijon mustard (sm bottle)*
- kalamata olives (sm jar)
- sliced dill pickles (sm jar)
- coconut milk (1 quart)
- chia seeds (sm bag)*
- slivered almonds (6 oz bag)
- rolled oats (1 cup)
- all-purpose flour (1 cup)
- granulated sugar (1/4 cup)
- light brown sugar (1/2 cup)
- cornstarch (2 tbsp)*

Bakery

- Brioche buns (4)
- burger buns (4)

Spices

- Italian seasoning
- smoked paprika
- paprika
- onion powder
- cumin
- oregano
- dried mint
- 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.