

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic (1 bulb)
- ginger root (1" knob)
- jalapeno (1)
- carrot (1)
- green bell pepper (1)
- red bell pepper (1)
- sliced mushrooms (8 oz)
- baby spinach (10 oz bag)
- white cabbage (1 sm head)
- cauliflower (1 head)
- lemons (4)
- limes (3)

For popsicles

- mango (2 large)
- kiwi (2 lbs)
- strawberries (1 lb)
- orange (1) *or orange juice (1/4 cup)*

Refrigerated

Dairy

- Greek yogurt (sm tub)
- grated parmesan cheese (10 oz tub)
- whole-milk ricotta cheese (15 oz tub)
- shredded cheddar cheese (8 oz bag)
- unsalted butter (1 stick)
- eggs (dozen)

Meat/Seafood

- white fish fillets (1 1/2 lbs)
- skinless salmon fillets (2 lbs)
- boneless skinless chicken breast (1 1/2 lbs)
- New York strip steaks (2 - 12oz. steaks)

Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)
- basil (1 clamshell)
- thyme or rosemary (1 clamshell)

Pantry

- olive oil (1 cup)
- spaghetti (1 lb)
- white rice (sm bag)
- coconut milk (2 - 15 oz cans)
- mayonnaise (sm jar)*
- green curry paste (sm jar)
- soy sauce (sm bottle)*
- honey (sm bottle)*

Bakery

- white corn tortillas (8)

Spices

- crushed red pepper
- taco seasoning
- cumin powder
- garlic powder

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.