

GROCERY LIST



Optional sides and protein options not included

Produce

- red onion (1)
- yellow onion (1)
- garlic (1 bulb)
- avocado (2)
- white cabbage (1 head)
- broccoli (1 head)
- lemon (1)
- lime (1)
- watermelon (1 large round)
- veggie toppings for burgers
- toppings for fruit pizza:
 - strawberries
 - blueberries
 - kiwi

Fresh Herbs *optional*

- cilantro (1 bunch)
- mint (1 clamshell)

Refrigerated

Dairy

- plain yogurt (sm tub)
- grated parmesan cheese (5 oz tub)
- ricotta cheese (sm tub)
- cream cheese (8 oz block)
- unsalted butter (1 stick)
- milk (up to 1/2 gallon)**
- eggs (1)**

firm tofu (14 oz)

Frozen

n/a

Meat/Seafood

- sirloin steak (1 lb)
- raw jumbo shrimp (1 lb)
- boneless skinless chicken breast (1 1/2 lbs)

Pantry

- olive oil (1/2 cup)
- avocado oil (sm bottle)
- fusilli pasta (8 oz)
- quinoa (sm bag)*
- black beans (15 oz can)
- breadcrumbs (10 oz can)*
- pesto (sm jar)*
- tomato paste (4 oz tube)
- creamy peanut butter (sm jar)*
- almond milk (1 cup) *or regular milk*
- honey (sm bottle)*
- rolled oats (1 1/2 cup)
- all-purpose flour (2 tbsp)
- baking powder (2 tsp)
- shredded coconut (sm bag)*
- chocolate chips (sm bag)*
- vanilla extract

Bakery

- burger buns (4)
- small flour or corn tortillas (8)

Spices

- taco seasoning
- cumin
- allspice
- crushed red pepper
- ground ginger
- smoked paprika
- onion powder
- garlic powder
- oregano

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.