



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic (1 bulb)
- shallot (1 medium)
- globe eggplant (1)
- baby bella mushrooms (8 oz)
- Persian cucumbers (5)
- grape tomatoes (2 pints)
- lemons (3)
- fresh cherries (1/2 lb)
- banana (1 ripe)

Fresh Herbs *optional*

- dill (1 bunch)
- parsley (1 bunch)
- scallions (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- grated parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- shredded mozzarella cheese (8oz bag)
- unsalted butter (1 stick)
- eggs (1)**

pie crusts (2pk - 14 oz)

Frozen

frozen cherries (2 lbs)

Meat/Seafood

- cod fillets (1 1/2 lbs)
- raw large shrimp (1 lb)
- boneless skinless chicken breast (2 lbs)

Pantry

- olive oil (1 cup)
- balsamic vinegar (sm bottle)*
- Dijon mustard (sm bottle)*
- orzo pasta (8 oz)
- basmati rice (16 oz)*
- pizza sauce (12 oz jar)
- crushed/diced tomatoes (28 oz can)
- black olives (6 oz can)
- Kalamata olives (sm jar)
- capers (3 oz jar)*
- almond butter (sm jar)**
- almond milk (1 1/2 cup)*
- maple syrup (sm bottle)**
- granulated sugar (2/3 cup)
- coarse sugar (1 tbsp) *optional*
- cornstarch (1/3 cup)
- vanilla extract
- almond extract

Bakery

n/a

Spices

- oregano
- cumin
- crushed red pepper
- thyme
- paprika
- 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.