

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic (1 bulb)
- zucchini (2 medium)
- cherry tomatoes (2 pints)
- cauliflower (1 head)
- baby spinach (5 oz)
- lemons (3)
- lettuce (1 head) for salmon burgers

## Fresh Herbs *optional*

- dill (2 bunches)
  - parsley (1 bunch)
  - green onions (1 bunch)
  - basil (2 clamshell)
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## Refrigerated

### Dairy

- Greek yogurt (sm tub)
- grated parmesan cheese (6 oz tub)
- fresh mozzarella ball (8 oz tub)
- shredded mozzarella cheese (8 oz bag)
- eggs (up to dozen)

### Frozen

n/a

### Meat/Seafood

- boneless lamb loin or leg (1 1/4 lbs)
- chicken cutlets (1 lb)
- salmon fillets (1 lb)

## Pantry

- olive oil (1 1/4 cup)
- red wine vinegar (sm bottle)\*
- Dijon mustard (sm bottle)\*
- linguine pasta (8 oz)
- unseasoned breadcrumbs (15 oz can)
- marinara sauce (sm jar)
- tartar sauce (sm jar)
- creamy peanut butter (sm jar)\*
- almond flour (2 tbsp)
- oat flour (2 tbsp) *optional*
- walnuts (4 oz bag)
- semi-sweet chocolate chips (12 oz bag)
- maple syrup (sm bottle)\*\*
- flaky salt (*optional*)

## Bakery

- ciabatta rolls (4)
- burger buns (4)

## Spices

- crushed red pepper
- cumin
- paprika
- cinnamon
- Italian seasoning
- onion 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.