

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- garlic (1-2 bulb)
- ginger root (1" knob)
- avocado (1)
- spinach (6 oz bag)
- Bibb lettuce (1 head)
- broccoli (1 head)
- lemon (1)
- peaches (1 lb - *about 3-4*)
- bananas (6)

Fresh Herbs *optional*

- parsley (1 bunch)
- green onions (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- crumbled feta cheese (5 oz tub)
- eggs (up to dozen)
- butter (1 stick)

Frozen

n/a

Meat/Seafood

- bone-in skin-on chicken thighs (1 1/4 lbs)
- boneless skinless chicken breast (1 lb)
- skinless salmon fillets (1 1/2 lbs)

Pantry

- olive oil (1/2 cup)
- avocado oil**
- toasted sesame oil (sm bottle)*
- red wine vinegar (sm bottle)*
- rice vinegar (sm bottle)*
- rigatoni pasta (16 oz)
- brown rice (sm bag)
- hoisin sauce (sm bottle)*
- soy sauce (sm bottle)**
- sriracha (sm bottle)**
- diced tomatoes (15 oz can)
- tomato paste (4 oz tube)
- honey (sm jar)**
- light brown sugar (1/2 cup)
- rolled oats (16 oz can)
- chopped pecans (4 oz bag)
- raw cashews (8 oz bag)
- all-purpose flour (1 cup)
- cornstarch (2 tbsp)
- baking soda
- vanilla extract

Bakery

n/a

Spices

- crushed red pepper
- cinnamon
- toasted sesame seeds

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.