

GROCERY LIST



Optional sides and protein options not included

Produce

- garlic (1 bulb)
- ginger root (1" knob)
- avocado (1)
- carrots (2 md)
- red bell pepper (1)
- English cucumber (1)
- green cabbage (1 sm head)
- Bibb lettuce (1 head)
- romaine lettuce (1 head)
- sliced mushrooms (8 oz)
- broccoli florets (12 oz bag)
- lemon (2)
- lime (1)
- strawberries (1 lb)

Fresh Herbs *optional*

- dill (1 bunch)
- cilantro (2 bunches)
- green onions (1 bunch)

Refrigerated

Dairy

- Greek yogurt (32 oz tub)
- feta cheese (5 oz tub)
- shredded cheddar cheese (16 oz bag)
- Gruyere cheese (7oz block)
- cream cheese (8 oz block)
- eggs (18)
- salted butter (1 stick)
- 2% milk (up to 1/2 gallon)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (3 1/2 lbs)
- skinless salmon fillets (1 1/2 lbs)

Pantry

- olive oil (1/2 cup)
- avocado oil (1/2 cup)
- cooking spray
- toasted sesame oil (sm bottle)*
- chicken broth (1 can)
- elbow macaroni (8 oz)
- lo mein noodles (8 oz)
- oyster sauce (sm bottle)*
- Dijon mustard (sm bottle)*
- honey (sm jar)**
- granola (sm bag)
- all-purpose flour (2 tbsp)
- cornstarch (1 tbsp)
- vanilla extract

Bakery

n/a

Spices

- paprika
- onion powder
- garlic powder
- cayenne pepper
- oregano
- cumin
- thyme

Ingredient notes

*One container of this ingredient can be used for many more recipes!