

GROCERY LIST



Optional sides and protein options not included

Produce

- red onion (2)
- yellow onion (1)
- garlic (1-2 bulbs)
- leeks (3)
- zucchini (3 medium)
- Roma tomatoes (2)
- lemon (2)
- veggie toppings for burger*

Fresh Herbs *optional*

- basil (2 clamshells)
- parsley (1 bunch)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- grated parmesan cheese (5 oz tub)
- shredded mozzarella cheese (8 oz bag)
- eggs (up to dozen)
- salted butter (1 stick)**
- unsalted butter (1 stick)**
- milk (up to 1/2 gallon)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken thighs (1 lb)
- boneless skinless chicken breast (1 lb)
or sub for ground chicken
- chicken tenders (1 1/2 lbs)
- ground beef (1 lb)
- shrimp (1 lb)

Pantry

- olive oil (1/2 cup)
- coconut oil (1 tbsp)
- cooking spray
- chicken/vegetable broth (32 oz carton)
- penne pasta (8 oz)
- cannellini beans (14.5 oz can)
- panko breadcrumbs (sm can)
- tomato sauce (29 oz can)
- pickled banana peppers (sm jar)*
- sweet pickled relish (1 tbsp)
- ketchup & mustard *
- tahini sauce (sm jar) *
- maple syrup (sm jar)*
- granulated sugar **
- powdered sugar **
- all-purpose flour (2 cups)
- Italian breadcrumbs (1/2 cup)
- baking powder
- vanilla extract
- mini pretzel twists (16 oz bag)
- sprinkles (2.7 oz bottle)
- semi-sweet or white chocolate chips (sm bag)

Bakery

- burger buns (4)
- pita bread (4)

Spices

- garlic powder
- onion powder
- paprika
- mustard powder (*optional*)
- Italian seasoning
- crushed red pepper
- cardamom
- cumin
- cinnamon
- nutmeg

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.