

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (1)
- shallot (1 sm)
- garlic (1 bulb)
- Yukon gold potatoes (8 oz)
- cucumber (1 md)
- bell peppers (2-3)
- avocado (2)
- tomatoes (4 small)
- arugula (4 oz clamshell)
- lemon (4)
- lime (2)

Fresh Herbs *optional*

- mint (1 clamshell)
- dill (1 clamshell)
- parsley (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- feta cheese (5 oz tub)
- Tzatziki sauce (16 oz tub)
- eggs (dozen)
- unsalted butter (1 stick)
- milk (up to 1/2 gallon)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (3 lbs)
- ground lamb (1 lb)
- shrimp (1 lb)

Pantry

- olive oil (3/4 cup)
- avocado oil (1/4 cup)
- penne pasta (8 oz)
- panko breadcrumbs (8 oz)
- diced tomatoes (14.5 oz can)
- green chiles (5 oz can)
- marinara sauce (sm jar)*
- tuna (2 - 5 oz cans)
- pickled onions (sm jar)*
- rolled oats (1 1/2 cups)*
- dark brown sugar (3/4 cup)*
- granulated sugar (1/4 cup)
- all-purpose flour (1 1/4 cups)
- baking soda**
- baking powder**
- vanilla extract*

Bakery

- Brioche buns (4)

Spices

- cumin
- cinnamon
- oregano
- crushed red pepper flakes
- taco seasoning
- chili powder
- 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.