



Optional sides and protein options not included

Produce

- red onion (1)
- shallot (1)
- garlic bulb (1)
- ginger knob (1" piece)
- carrot (1)
- baby potatoes (1 lb)
- red bell pepper (1)
- avocado (2)
- butter lettuce (1 head)
- radishes (1 bunch)
- green beans (1/2 lb)
- cherry tomatoes (1 pint)
- tomato (3 medium)
- spinach (6 oz bag)
- mixed greens (4 oz clamshell)
- lemon (1)
- lime (1)
- for pancake muffins:
 - strawberries
 - blueberries
 - bananas

Refrigerated

Dairy

- feta cheese (5 oz tub)
- Greek yogurt (small tub)
- fresh mozzarella (8 oz)
- eggs (up to dozen)
- milk (up to 1/2 gallon)

Frozen

n/a

Meat/Seafood

- chicken breast cutlets (1 lb)
- ground beef (1 lb)
- sm/md shrimp (1 lb)

Fresh Herbs optional

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

Pantry

- olive oil (1/2 cup)
- toasted sesame oil (1 tsp)
- red wine vinegar (sm bottle)
- rotini pasta (8 oz)
- chickpeas (14.5 oz can)
- green olives (sm jar)
- Nicoise olives (sm jar)
- sun-dried tomatoes in oil (7 oz jar)
- pesto (sm jar)
- Dijon mustard (sm bottle)**
- creamy peanut butter (sm jar)**
- sriracha (sm bottle)*
- soy sauce (sm bottle)*
- pancake mix (32oz box)
- powdered sugar (sm bag)
- maple syrup (sm bottle)
- honey (sm bottle)
- vanilla extract
- chocolate chips for pancake muffins**

Bakery

- hamburger buns (4)
- sourdough bread (8 slices)

Spices

- oregano
- herbs de Provence

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.