



Optional sides and protein options not included

Produce

- red onion (1)
- shallot (1)
- garlic bulb (1)
- sweet potatoes (2)
- green bell pepper (5)
- avocado (1)
- celery (1 heart)
- lettuce (1 head)
- green beans (1 lb)
- cherry tomatoes (1 pint)
- apple (1 large)
- lemon (3)
- lime (1)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- Greek yogurt (sm tub)
- shredded cheddar cheese (8 oz bag)
- sliced cheddar cheese (8 oz bag)
- unsalted butter (2 sticks)
- eggs (up to dozen)**
- almond milk (up to 1/2 gallon)**

Frozen

- corn (10 oz bag)

Meat/Seafood

- ground beef (1 lb)
- boneless skinless chicken thighs (1 1/2 lbs)
- cod fillets (2 lbs)

Pantry

- olive oil (1 cup)
- quinoa (sm bag)**
- couscous (sm bag)**
- rolled oats (sm can)**
- harissa paste (sm jar)
- salsa (sm jar)*
- tomato paste (4 oz tube)
- black beans (15 oz can)
- white albacore tuna in water (2-5oz cans)
- Dijon mustard (sm bottle)**
- unsweetened applesauce (sm jar)
- maple syrup (sm bottle)**
- chopped pecans (4 oz bag)
- unsweetened baking chocolate (4 oz bar)
- semi-sweet chocolate chips (sm bag)
- granulated sugar (1 cup)
- all-purpose flour (2/3 cup)
- vanilla extract
- baking powder

Bakery

- sandwich bread of choice (1 sliced loaf)

Spices

- chili powder
- cumin
- oregano
- garlic powder
- paprika
- coriander
- cinnamon
- thyme

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.