

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (3)
- red onion (1)
- garlic bulb (1)
- carrots (3)
- celery (1 heart)
- Brussel sprouts (1 lb)
- zucchini (2 medium)
- eggplant (2 medium)
- avocado (2)
- lemon (1)
- pitted Medjool dates (9 oz)

## Fresh Herbs *optional*

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

## Refrigerated

### Dairy

- shaved parmesan cheese (5 oz tub)
- grated parmesan cheese (7 oz tub)
- shredded mozzarella cheese (16 oz bag)
- butter (1 stick)
- eggs (dozen)
- milk (up to 1/2 gallon)\*\*

### Frozen

n/a

### Meat/Seafood

- ground beef (1 lb)
- boneless skinless chicken breasts (1 1/2 lbs)

## Pantry

- olive oil (1 1/2 cups)
- cooking spray
- rigatoni (16 oz)
- orzo (16 oz)
- vegetable stock (2 - 32 oz cartons)
- marinara sauce (28 oz jar)
- diced tomatoes (14.5 oz can)
- tomato paste (4 oz tube)
- salsa (sm jar)
- BBQ sauce (sm bottle)
- Dijon mustard (sm bottle)\*\*
- date syrup (sm bottle)\*
- dried cranberries (10 oz bag)\*
- pecans (8 oz bag)\*
- all-purpose flour (1 1/4 cups)
- baking soda
- baking powder
- vanilla extract

## Bakery

- double-ply pita bread (2 lg)
- burrito-size tortillas (4)

## Spices

- crushed red pepper
- 7-spice
- cumin
- cinnamon
- coriander
- cayenne pepper
- garlic powder
- oregano

### 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.