



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (1)
- garlic bulb (1-2)
- ginger root (1" knob)
- red bell pepper (2)
- green bell pepper (1)
- celery heart (1)
- romaine heart (1)
- tomato (1 large)
- eggplant (1 small)
- yellow squash (1)
- Baby Bella mushrooms (24 oz)
- lemon (2)
- strawberries (1 lb)
- fruit *for fruit leather* (1 lb)
- mixed berries *for chia pudding*

Fresh Herbs *optional*

- green onions (1 bunch)
 - dill (1 clamshell)
 - thyme (1 clamshell)
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Refrigerated

Dairy

- grated parmesan cheese (7 oz tub)
- shredded mozzarella cheese (16 oz bag)
- ricotta cheese (15 oz tub)
- Greek yogurt (sm tub)*
- eggs (2)**
- milk of choice (up to 1/2 gallon)**

- tzatziki sauce (sm tub)

Frozen

- frozen spinach (2 - 10 oz boxes)

Meat/Seafood

- flank or skirt steak (1 1/2 lbs)
- boneless skinless chicken breasts (1 1/2 lbs)

Pantry

- olive oil (3/4 cups)
- avocado oil (2 tbsp)
- sesame seed oil (2 tbsp)
- rice vinegar (sm bottle)**
- red wine vinegar (sm bottle)**
- lasagna sheets (16 oz)
- canned salmon (2 - 6 oz cans)
- fire roasted diced tomatoes (15 oz can)
- marinara sauce (24 oz jar)
- breadcrumbs (sm tub)
- Dijon mustard (sm bottle)**
- capers (sm jar)*
- Worcestershire sauce (sm bottle)**
- sriracha sauce (sm bottle)**
- soy sauce (sm bottle)**
- honey (sm bottle)*
- sweetener of choice *for fruit leather* (2 tbsp)
- cornstarch (1/4 cup)
- chia seeds (sm bag)*
- roasted unsalted cashews (sm bag)*
- sliced almonds (sm bag)*

Bakery

- pocketless small pitas (4)

Spices

- Italian seasoning
- crushed red pepper
- 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.