

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic bulb (1)
- potatoes (1 lb)
- any color bell peppers (3)
- red bell pepper (1)
- corn on the cob (4 large or 32oz bag of frozen corn)
- avocado (1)
- celery heart (1)
- lime (2)
- lemon (1)
- blueberries (2 pints)

## Fresh Herbs *optional*

- cilantro (1 bunch)
  - green onions (1 bunch)
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## Refrigerated

### Dairy

- finely grated parmesan cheese (5 oz tub)
- Pecorino Romano cheese (4 oz block)
- Greek yogurt (sm tub)
- milk (up to 1/2 gallon)
- almond milk (up to 1/2 gallon)\*\*\*
- eggs (up to dozen)\*\*
- unsalted butter (2 sticks)
- salted butter (1 stick)

### Frozen

n/a

### Meat/Seafood

- boneless skinless chicken breasts (3 lbs)
- salmon fillets (1 1/2 lbs)

## Pantry

- olive oil (1/2 cup)
- coconut oil (sm jar)\*
- cooking spray
- vegetable broth (32 oz carton)
- fettuccini pasta (1 lb)
- Panko breadcrumbs (8 oz can)\*
- Dijon mustard (sm bottle)\*\*
- whole grain Dijon mustard (sm jar)\*\*
- all-purpose flour (1 1/2 cup)
- ground flaxseed (sm bag)
- granulated sugar (1 cup)
- honey (sm bottle)\*\*
- maple syrup (sm bottle)\*\*
- rolled oats (2 cups)\*\*
- unsweetened cocoa powder (sm can)\*
- chopped pecans (sm bag)
- chocolate chips (sm bag)\*
- baking powder
- vanilla extract

## Bakery

- flour tortillas (8)

## Spices

- garlic powder
- onion powder
- paprika
- smoked paprika
- chili powder
- cumin
- coriander
- dried thyme
- bay leaf
- cinnamon

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand

\*\*\* Swap with regular milk if desired