



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic bulb (1)
- bell peppers (2 large)
- celery (1 heart)
- spinach (6 oz bag)
- asparagus (1/2 lb)
- cherry tomatoes (1 pint)
- apple (1 large)
- lemon (2)

Fresh Herbs *optional*

- fresh basil (1 bunch)
- parsley (1 bunch)
- oregano (1 clamshell)
- green onions (1 bunch)

Refrigerated

Dairy

- grated parmesan cheese (5 oz tub)
- shredded cheddar cheese (8 oz bag)
- Greek yogurt (sm tub)
- ricotta cheese (8 oz tub)
- milk (up to 1/2 gallon)**
- eggs (up to dozen)
- unsalted butter (1 stick)
- salted butter (1 stick)

Frozen

n/a

Meat/Seafood

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

Pantry

- olive oil (1/2 cup)
- apple cider vinegar (2 tbsp)**
- chicken broth (12 oz)
- spaghetti (1 lb)
- quinoa (sm bag)**
- Dijon mustard (sm bottle)**
- pesto sauce (10 oz)
- marinara sauce (24 oz jar)
- breadcrumbs
- tuna in olive oil (2 - 4.5 oz cans)
- pumpkin puree (15 oz can)**
- granulated sugar (1/2 cup)
- light brown sugar (1/2 cup)
- maple syrup (sm bottle)**
- all-purpose flour (2 cups)
- dried cranberries (sm bag)*
- cream of tartar
- baking soda
- vanilla extract

Bakery

- sourdough bread (8 slices)

Spices

- Italian seasoning
- garlic powder
- crushed red pepper
- pumpkin pie spice

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand