



Optional sides and protein options not included

Produce

- yellow onion (1)
- shallot (1)
- garlic bulb (1)
- butternut squash (1 small)
- kale (2 bunches)
- pomegranate (1)
- lemon (2)
- berries *for serving pancakes*

Fresh Herbs *optional*

- fresh basil (2 bunches)
- parsley (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- grated parmesan cheese (7 oz tub)
- crumbled feta cheese (5 oz tub)
- shredded mozzarella cheese (8 oz bag)
- cottage cheese (16 oz tub)
- milk (up to 1/2 gallon)**
- eggs (up to dozen)
- unsalted butter (1 stick)

Frozen

n/a

Meat/Seafood

- chicken thighs, bone-in with skin (1 1/2 lbs)
- lean ground turkey (1 lb)
- salmon fillets (1 1/2 lbs)

Pantry

- olive oil (1 1/4 cup)
- red wine vinegar (3 tbsp)**
- pasta of choice (16 oz)
- whole wheat pasta shells (16 oz)
- uncooked quinoa (sm bag)**
- soy sauce (sm bottle)**
- Dijon mustard (sm bottle)**
- pomegranate molasses (sm bottle)*
- marinara sauce (24 oz jar)
- pumpkin puree (15 oz can)
- pumpkin seeds (sm bag)*
- unsweetened applesauce (sm jar)*
- maple syrup (sm bottle)**
- honey (sm bottle)**
- all-purpose flour (3 1/4 cups)
- granulated sugar (2/3 cup)
- dark brown sugar (2/3 cup)
- baking soda
- baking powder
- vanilla extract

Bakery

n/a

Spices

- za'atar
- paprika
- garlic powder
- oregano
- Italian seasoning
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand