



Optional sides and protein options not included

Produce

- yellow onion (2)
- garlic bulb (1)
- butternut squash (1 large)
- acorn squash (2 medium)
- gold potatoes (1 lb)
- celery heart (1)
- spinach (6 oz bag)
- lemon (5)

Fresh Herbs *optional*

- rosemary (1 clamshell)
- thyme (1 clamshell)
- basil (2 bunches)
- mint (1 bunch)

Refrigerated

Dairy

- grated parmesan cheese (8 oz tub)
- feta cheese (8 oz block)
- shredded mozzarella cheese (16 oz bag)
- ricotta cheese (15 oz tub)
- milk (up to 1/2 gallon)**
- eggs (up to 18)
- unsalted butter (1 stick)

Frozen

- mixed vegetables (12 oz bag)

Meat/Seafood

- chicken thighs, bone-in with skin (1 lbs)
- beef stew meat (1 lb)
- salmon fillets (1 1/2 lbs)

Pantry

- olive oil (3/4 cup)
- vegetable broth (1 quart)
- pasta of choice (16 oz)
- lasagna sheets (16 oz)
- pesto sauce (6 oz jar)
- sun dried tomatoes (sm jar)
- chickpeas (15 oz can)
- diced tomatoes (15 oz can)
- tomato paste (4 oz tube)*
- Rice Chex (18 oz box)
- pretzel snaps (16 oz bag)
- kettle corn (7 oz bag)
- mini marshmallows (10 oz bag)*
- chopped walnuts (8 oz bag)
- butterscotch chips (11 oz bag)*
- chocolate chips (12 oz bag)*
- candy corn (11 oz bag)*

Bakery

- pita bread (4-6)

Spices

- cumin
- sage
- thyme
- red chili flakes

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand