

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic bulb (2)
- butternut squash (1)
- carrots (2)
- celery heart (1)
- beets (4)
- zucchini (1)
- bell pepper (1)
- kale (1 bunch)
- Roma tomatoes (2)
- cherry tomatoes (1 pint)
- lemon (2)

## Fresh Herbs *optional*

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

### Dairy

- crumbled feta cheese (5 oz tub)
- shredded cheddar cheese (8 oz bag)
- Greek yogurt (small tub)\*
- milk (up to 1/2 gallon)\*\*
- eggs (up to dozen)\*\*
- unsalted butter (1 stick)

### Frozen

n/a

### Meat/Seafood

- ground beef (1 lb)
- large scallops (1 lb)
- whole chicken (3 1/2 lbs)
- boneless, skinless chicken breasts (1 1/2 lbs)

## Pantry

- cooking spray
- olive oil (1 1/4 cup)
- avocado oil (sm bottle)\*\*
- balsamic vinegar (sm bottle)\*\*
- short grain rice (16 oz bag)\*\*
- farro (8 oz)\*
- linguini (8 oz)\*
- kidney beans (2 - 15 oz cans)
- pumpkin puree (15 oz can)\*
- fire roasted crushed tomatoes (28 oz can)
- diced tomatoes w/green chiles (10 oz can)
- chipotle peppers in adobo (sm jar)\*
- Dijon mustard (sm bottle)\*\*
- maple syrup (sm bottle)\*\*
- brown sugar (2 tbsp)\*\*
- granulated sugar (2/3 cup)\*\*
- powdered sugar (1 tbsp)\*\*
- sliced almonds (6 oz bag)
- shelled pistachios (6 oz bag)
- all-purpose flour (2 1/4 cups)\*\*
- baking powder
- baking soda
- vanilla extract

## Bakery

n/a

## Spices

- chili powder
- ground cumin
- dried thyme
- pumpkin spice blend
- ground cardamom

### Ingredient notes

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

\*\* You may have this staple on hand