



*Optional sides and protein options not included*

## Produce

- yellow onion (2)
- garlic bulb (1)
- ginger root (1" knob)
- butternut squash (1)
- bell pepper (1)
- jalapeno (1 small)
- avocado (1)
- lemon (1)

## Fresh Herbs *optional*

- parsley (1 bunch)
  - cilantro (1 bunch)
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## Refrigerated

### Dairy

- shredded cheddar cheese (16 oz bag)
- Greek yogurt (small tub)\*
- cream cheese (2 - 8oz blocks)
- milk (up to 1/2 gallon)\*\*
- heavy cream (1 pint)
- eggs (dozen)
- unsalted butter (2 sticks)

### Frozen

n/a

### Meat/Seafood

- boneless skinless chicken breasts (3 1/2 lbs)
- flank steak (1 1/2 lbs)

## Pantry

- cooking spray*
- olive oil (1/2 cup)
- vegetable broth (1 quart)
- elbow macaroni (16 oz)
- quinoa (sm bag)\*\*
- Panko bread crumbs (sm can)
- black beans (2 - 15 oz cans)
- pumpkin puree (15 oz can)
- coconut milk (14 oz can)
- crushed tomatoes (2 - 28 oz cans)
- tomato paste (4 oz tube)
- Dijon mustard (sm bottle)\*\*
- red curry paste (sm jar)
- honey (sm bottle)\*\*
- dark brown sugar (2 tbsp)\*\*
- granulated sugar (3/4 cup)\*\*
- chopped pecans (8 oz bag)

## Bakery

n/a

## Spices

- mustard powder
- cayenne pepper
- garlic powder
- paprika
- garam masala
- chili powder
- mustard seeds
- coriander
- curry powder
- ground cumin
- Italian seasoning
- ground ginger
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand