



Optional sides and protein options not included

## Produce

- yellow onion (3)
- garlic bulb (1)
- carrots (2)
- celery (1 heart)
- Roma tomatoes (2)
- mushrooms (16 oz)
- mixed greens (5 oz)
- lemon (1)
- strawberries (1 pound)
- blueberries (1 pint)

## Fresh Herbs *optional*

- basil (1 bunch)
- thyme (1 clamshell)

## Refrigerated

### Dairy

- Greek yogurt (32 oz tub)
- whole milk ricotta cheese (32 oz tub)
- shredded mozzarella cheese (8 oz bag)
- shredded parmesan cheese (6 oz bag)
- shredded Mexican cheese blend (8 oz bag)
- shaved parmesan cheese (sm tub)
- eggs (up to dozen)
- unsalted butter (1 stick)

### Frozen

n/a

### Meat/Seafood

- boneless skinless chicken breasts (2 lbs)
- ground beef (2 lbs)

## Pantry

- cooking spray
- olive oil (1/2 cup)
- chicken broth (1 quart)
- lasagna sheets (16 oz)
- rice (sm bag)\*\*
- wild rice blend (sm bag)\*\*
- Panko bread crumbs (sm can)
- pesto sauce (sm jar)
- crushed tomatoes (28 oz can)
- tomato sauce (15 oz can)
- tomato paste (4 oz tube)
- black beans (15 oz can)
- white beans (15 oz can)
- Dijon mustard (sm bottle)\*\*
- granola (sm bag)\*
- creamy peanut butter (sm jar)
- granulated sugar (1 cup)\*\*
- light brown sugar (1/2 cup)\*\*
- all-purpose flour (1 1/2 cups)\*\*
- baking soda
- milk chocolate Hershey kisses (sm bag)

## Bakery

- flour tortillas (6 large)
- flatbread (4)

## Spices

- Italian seasoning
- chili powder
- Mexican oregano
- garlic powder
- cumin
- paprika
- oregano

### Ingredient notes

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

\*\* You may have this staple on hand