



Optional sides and protein options not included

Produce

- yellow onion (2)
- garlic bulb (1)
- carrots (6)
- celery (1 heart)
- baby potatoes (1 lb)
- sweet potatoes (2 medium)
- kale (1 bunch)
- Brussel sprouts (1 lb)
- apples (2)
- lemon (1)

Fresh Herbs *optional*

- thyme (1 clamshell)
- sage (1 clamshell)
- rosemary (1 clamshell)

Refrigerated

Dairy

- Greek yogurt (32 oz tub)
- feta cheese (sm tub)
- shredded sharp cheddar cheese (8 oz bag)
- eggs (dozen)
- unsalted butter (2 sticks)
- milk (up to 1/2 gallon)

Frozen

- sweet peas (12 oz bag)

Meat/Seafood

- beef stew meat (1 lb)
- turkey breast (4-6 lbs)
- cooked turkey meat (1 lb)

Pantry

- olive oil (1/4 cup)
- chicken broth (2 quarts)
- beef stock (1 quart)
- elbow macaroni (1 lb)
- egg noodles (12 oz)
- tomato paste (4-oz tube)*
- pumpkin puree (15-oz can)
- sun-dried tomatoes (sm jar)*
- Worcestershire sauce (sm bottle)**
- tahini paste (sm jar)*
- chopped pecans (sm bag)
- candied pecans (sm bag)
- maple syrup (sm bottle)**
- granulated sugar (2 tbsp)**
- light brown sugar (3/4 cup)**
- all-purpose flour (2 tbsp)**
- cornstarch (1 tbsp)**
- graham cracker sheets (1 box)
- evaporated milk (12 oz can)
- vanilla extract

Bakery

- French bread (1 loaf)

Spices

- mustard powder
- paprika
- cinnamon
- pumpkin pie spice

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand