



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic bulb (1)
- ginger root (1" knob)
- carrots (3)
- celery (1 heart)
- sweet potatoes (3 med)
- eggplant (2 large)
- bell peppers (4 large)
- plum tomatoes (2)
- cucumber (1 large)
- broccoli florets (1 lb)
- baby spinach (5 oz bag)
- orange (1)
- lemon (1)

## Fresh Herbs *optional*

- rosemary (1 clamshell)
  - mint (1 clamshell)
  - basil (1 clamshell)
  - parsley (1 bunch)
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## Refrigerated

### Dairy

- grated parmesan cheese (sm tub)
- shredded mozzarella cheese (16 oz bag)
- cream cheese (8 oz block)
- eggs (up to dozen)
- unsalted butter (3 sticks)

### Toast Topping Ideas

- cream cheese with blueberries & chia seeds*
- ricotta cheese with raspberries & coconut*
- peanut butter with banana & cinnamon*
- fried egg with fresh parsley*
- avocado with lime juice*

### Frozen

n/a

### Meat/Seafood

- ground turkey (1 lb)
- beef chuck roast (1 lb)
- cooked turkey meat (3/4 lbs or 2 cups)

## Pantry

- olive oil (3/4 cup)
- avocado oil (1 tbsp)\*\*
- cooking spray
- rice vinegar (sm bottle)\*\*
- soy sauce (sm bottle)\*\*
- chicken broth (2 quarts + 1 can)
- fine bulgur wheat (sm bag)\*
- quinoa (sm bag)\*\*
- long grain rice (sm bag)\*\*
- panko breadcrumbs (sm can)
- marinara sauce (24 oz jar)
- fire-roasted diced tomatoes (14 oz can)
- chickpeas (14 oz can)
- honey (sm bottle)\*\*
- pomegranate molasses (sm bottle)\*
- light brown sugar (1 1/2 cups)\*\*
- confectioner's sugar (2 cups)\*\*
- all-purpose flour (2 1/2 cups)\*\*
- cornstarch (1 tbsp)\*\*
- dried cranberries (sm bag)\*
- white chocolate chips (sm bag)\*
- vanilla extract
- baking soda

## Bakery

n/a

## Spices

- Italian seasoning
- crushed red pepper
- oregano
- ground ginger
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand