

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (2)
- garlic bulb (1)
- carrots (4)
- celery (1 heart)
- zucchini (4)
- kale (1 bunch)
- cherry tomatoes (2 pints)
- lemon (1)
- orange (1)
- cranberries (1 small bag)

Fresh Herbs *optional*

- parsley (1 bunch)
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Refrigerated

Dairy

- grated parmesan cheese (sm tub)
- shredded mozzarella cheese (8 oz bag)
- Greek yogurt (sm tub)
- eggs (up to dozen)
- unsalted butter (1 stick)
- milk (up to half gallon)
- heavy cream (pint)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (2 1/2 lbs)
- skinless salmon fillets (2 lbs)
- ground beef (1 lb)

Pantry

- olive oil (1/4 cup)
- cooking spray
- vegetable broth (2 quarts)
- pasta of choice (16 oz)
- dried green lentils (sm bag)*
- Dijon mustard (sm bottle)**
- spicy mayo (sm bottle)*
- balsamic vinegar (sm bottle)**
- marinara sauce (sm jar)*
- crushed tomatoes (28 oz can)
- tomato paste (4 oz tube)*
- rolled oats (2 cups)**
- chopped pecans (8 oz bag)
- honey (sm bottle)**
- maple syrup (sm bottle)**
- molasses (sm bottle)*
- packed brown sugar (1 cup)
- all-purpose flour (2 1/2 cups)
- baking powder
- baking soda
- vanilla extract

Bakery

n/a

Spices

- cumin
- coriander
- dried basil
- paprika
- garlic powder
- thyme
- Italian seasoning
- bay leaf
- oregano
- nutmeg
- cinnamon
- ground ginger
- ground cloves

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand