



Optional sides and protein options not included

## Produce

- yellow onion (2)
- red onion (1)
- garlic bulb (1)
- sweet potatoes (2)
- carrots (2)
- spaghetti squash (2 small)
- cabbage (1 small head)
- cauliflower (1 small head)
- romaine (1)
- bell peppers (6 md)
- avocado (3)
- lime (3)

## Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (2 bunches)

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## Refrigerated

### Dairy

- 4% cottage cheese (16 oz tub)
- shredded cheddar cheese (8 oz bag)
- shredded Monterrey Jack cheese (8 oz bag)
- shredded mozzarella cheese (8 oz bag)
- grated parmesan cheese (5 oz tub)
- unsalted butter (2 sticks)
- milk (1/2 gallon)
- firm tofu (14 oz)

### Frozen

- corn (12 oz bag)

### Meat/Seafood

n/a

## Pantry

- olive oil (2/3 cup)
- vegetable broth (32 oz carton)\*
- elbow pasta (1 lb)
- long-grain white rice (sm bag)\*\*
- quinoa (sm bag)\*\*
- black beans (2 - 15 oz cans)
- diced tomatoes (15 oz can)
- chipotle adobo peppers (sm jar)\*
- salsa (sm jar)
- creamy peanut butter (sm jar)\*\*
- rolled oats (sm tub)\*\*
- shredded coconut (sm bag)\*
- ground flaxseed (sm bag)\*
- mini-chocolate chips (sm bag)\*
- honey (sm bottle)\*\*
- all-purpose flour (1/4 cup)

## Overnight Oats Add-Ins\*\*\*

- Yumna's Fave: Greek yogurt, chia seeds, honey*
- PB&J: strawberry jam, peanut butter, strawberries*
- Apple Pie: apples, pecans, maple syrup, cinnamon*
- Nutella: banana, nutella, hazelnuts, chocolate chips*
- Almond Joy: shredded coconut, almonds, maple syrup*
- Blueberry Lemon: blueberries, lemon, honey*
- Maple Brown: brown sugar, maple syrup, cinnamon*

## Bakery

- small flour/corn tortillas (8)

## Spices

- chili powder
- cumin
- paprika
- taco seasoning

### Ingredient notes

- \* This ingredient can be used for many more recipes!
- \*\* You may have this staple on hand
- \*\*\* Suggested toppings for this week's breakfast