



Optional sides and protein options not included

Produce

- yellow onion (2)
- shallot (1 small)
- garlic bulb (1)
- ginger root (1" knob)
- carrots (2)
- mushrooms (8 oz)
- eggplant (1 medium)
- red bell pepper (6)
- Bibb lettuce (1 head)
- avocado (2)
- cherry tomatoes (1 pint)
- mixed greens (5 oz container)
- lemons (3)

Fresh Herbs *optional*

- parsley (1 bunch)
 - green onions (1 bunch)
 - rosemary (1 clamshell)
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Refrigerated

Dairy

- Greek yogurt (sm tub)
- crumbled blue cheese (5 oz tub)
- eggs (up to dozen)
- butter (1 stick)

Frozen

- chopped spinach (5 oz box)

Meat/Seafood

- ground chicken (2 1/4 lbs)
- New York strip steak (1 1/2 lbs)
- salmon fillets, center cut (1 1/2 lbs)

Pantry

- olive oil (1 cup)
- toasted sesame oil (sm bottle)*
- cooking spray*
- rice vinegar (sm bottle)**
- balsamic vinegar (sm bottle)**
- soy sauce (sm bottle)**
- sriracha (sm bottle)**
- Dijon mustard (sm bottle)**
- harisa (sm jar)*
- sun-dried tomatoes (sm jar)*
- Kalamata olives (sm jar)*
- pickled onions (sm jar)*
- water chestnuts (8 oz can)
- marinara sauce *for serving* (sm jar)
- tomato paste (4 oz tube)
- diced tomatoes (15 oz can)
- chickpeas (15 oz can)
- breadcrumbs (sm can)
- creamy peanut butter (sm jar)
- honey (sm bottle)
- granulated sugar (3/4 cups)
- peanuts (sm bag)

Bakery

- whole-grain sliced bread (4)

Spices

- dried dill
- dried parsley
- oregano
- paprika

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand