



Optional sides and protein options not included

Produce

- yellow onion (4)
- garlic bulb (1-2)
- ginger root (1" knob)
- carrots (2 large)
- celery (1 heart)
- red bell pepper (1)
- green bell pepper (3)
- Roma tomatoes (2)
- zucchini (1 small)
- lime (1)
- lemon (2)

Fresh Herbs *optional*

- parsley (1 bunch)
 - dill (1 bunch)
 - cilantro (1 bunch)
 - thyme (1 clamshell)
 - basil (1 clamshell)
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Refrigerated

Dairy

- grated parmesan cheese (sm tub)
- grated mozzarella cheese (8 oz bag)
- grated cheddar cheese (8 oz bag)
- unsalted butter (1 stick)
- almond milk (1 quart)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken thighs (1 1/4 lbs)
- boneless skinless chicken breasts (1 1/2 lbs)
- lean ground beef (1 lb)
- large shrimp (1 lb)

Pantry

- olive oil (3/4 cup)
- chicken broth (1 quart)
- spaghetti (1 lb)
- pearl couscous (1 lb)
- long-grain white rice (1 lb)**
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- diced tomatoes (2 - 15 oz cans)
- tomato paste (4 oz tube)
- marinara sauce (sm jar)
- red curry paste (sm jar)*
- coconut milk (14 oz can)
- rolled oats (sm bag)**
- ground flaxseed (sm bag)*
- whole almonds (sm bag)*
- honey (sm jar)**
- dark brown sugar (sm bag)**
- chia seeds (sm bag)*
- vanilla extract

Bakery

n/a

Spices

- garlic powder
- paprika
- Italian seasoning
- thyme
- oregano
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand