



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (2)
- garlic bulb (1)
- shallot (1 small)
- carrots (3 large)
- celery (1 heart)
- zucchini (4 medium)
- red bell pepper (3)
- avocados (3)
- romaine lettuce (1 heart)
- cabbage (1 small head)
- mushrooms (8 oz)
- baby spinach (6 oz bag)
- cherry tomatoes (1 pint)
- lime (1)

Fresh Herbs *optional*

- parsley (1 bunch)
 - basil (1 bunch)
 - cilantro (1 bunch)
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Refrigerated

Dairy

- ricotta cheese (15 oz tub)
- grated parmesan cheese (5 oz tub)
- feta cheese (5 oz tub)*
- goat cheese (4 oz log)
- shredded mozzarella cheese (8 oz bag)
- shredded cheddar cheese (8 oz bag)
- eggs (up to 2 dozen)
- milk (up to 1/2 gallon)*
- almond milk (up to 1/2 gallon)***

- tzatziki sauce (16 oz tub)
- firm tofu (14 oz block)

Frozen

- chopped spinach (10 oz)

Meat/Seafood

n/a

Pantry

- olive oil (3/4 cup)
- avocado oil (2 tbsp)
- cooking spray*
- vegetable broth (2 quarts)
- lasagna sheets (12 oz)
- quinoa (sm bag)**
- chickpeas (2 - 15 oz cans)
- white beans (3 - 15 oz cans)
- marinara sauce (sm jar)*
- sundried tomatoes in oil (sm jar)*
- peanut butter (sm jar)**
- maple syrup (sm bottle)**
- all-purpose flour (1/2 cups)
- rolled oats (2 cups)
- chopped pecans (8 oz bag)
- raisins (12 oz bag)
- baking soda
- vanilla extract

Bakery

- pita bread (4 pieces)
- corn or flour tortillas (8 small)
- bread (4 slices)

Spices

- thyme
- oregano
- Italian seasoning
- crushed red pepper
- garlic powder
- taco seasoning
- cumin
- cinnamon

Ingredient notes

- * This ingredient can be used for many more recipes!
- ** You may have this staple on hand
- *** May swap with regular milk in granola cookies.