



Optional sides and protein options not included

Produce

- yellow onion (1)
- shallot (1)
- garlic bulb (1)
- fresh ginger (1" knob)
- Yukon gold potatoes (1/2 lb)
- carrots (3)
- celery (1 heart)
- broccoli (2 heads)
- baby kale (5 oz clamshell)
- honeycrisp or pink lady apples (2)
- bananas (2)
- lemon (3)

Fresh Herbs *optional*

- dill (1 bunch)
- parsley (1 bunch)
- thyme (1 clamshell)

Refrigerated

Dairy

- eggs (up to 1 dozen)**
- almond milk (up to 1/2 gallon)*

tzatziki sauce (16 oz tub)

Frozen

n/a

Meat/Seafood

- large raw shrimp (1 lb)
- flank steak (1 lb)
- chicken wings (2 lbs)
- skin-on bone-in chicken thighs or breasts (1 1/2 lbs)

Pantry

- olive oil (1/4 cup)
- avocado oil (1/2 cup)
- sesame oil (sm bottle)**
- sriracha or hot sauce
- cooking spray*
- chicken broth (2 quarts)
- rice or noodles *for serving*
- pearled barley (8 oz)
- panko breadcrumbs
- toasted sesame seeds
- tuna packed in water (2 -5 oz cans)
- soy sauce (sm bottle)**
- oyster sauce (sm bottle)*
- rice vinegar (sm bottle)**
- creamy peanut butter (sm jar)**
- maple syrup (2 tbsp)**
- honey (1 tbsp)
- cornstarch (1 tsp)**
- rolled oats (2 cups)**
- ground flaxseed (sm bag)*
- flour (1/4 cup)
- baking powder
- vanilla extract
- ranch dressing *for serving*

Bakery

n/a

Spices

- smoked paprika
- garlic powder
- ground ginger
- crushed red pepper
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand