



Optional sides and protein options not included

Produce

- yellow onion (2)
- garlic bulb (1)
- Yukon gold potatoes (2 1/2 lbs)
- beets (2 large)
- carrots (3)
- celery heart (1)
- bell peppers (3 medium)
- avocado (1)
- cherry tomatoes (1 pint)
- lime (1)
- strawberries (1 lb)

Fresh Herbs *optional*

- thyme (1 clamshell)
 - rosemary (1 clamshell)
 - basil (1 clamshell)
 - cilantro (1 bunch)
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Refrigerated

Dairy

- whole-milk ricotta (32 oz tub)*
- Greek yogurt (5 oz)
- shaved Parmesan cheese (5 oz tub)
- shredded mozzarella cheese (8 oz bag)
- unsalted butter (1 stick)
- vegan butter (1 stick)
- milk (up to 1/2 gallon)**
- eggs (up to dozen)**

- pizza dough (1/2 lb)

Frozen

- frozen peas (12 oz bag)

Meat/Seafood

- ribeye or New York strip steaks (4 steaks)
- boneless, skinless chicken breasts (1 1/2 lbs)

Pantry

- olive oil (1/2 cup)
- avocado oil (2/3 cup)
- cooking spray*
- vegetable broth (1 quart)
- spaghetti (1 lb)
- brown lentils (12 oz bag)*
- pizza sauce (sm jar)
- fire roasted diced tomatoes (15 oz can)
- tomato paste (4 oz tube)*
- soy sauce (sm bottle)**
- nutritional yeast (4.5 oz can)*
- cocoa powder (8 oz can)*
- all-purpose flour (1 1/2 cups)
- granulated sugar (1 1/2 cups)
- maple syrup *for serving*
- chocolate chips (8 oz bag)
- vanilla extract
- baking powder
- sprinkles

Bakery

- flour tortillas (8)

Spices

- garlic powder
- onion powder
- chili powder
- cumin
- paprika
- coriander

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand

*** May swap with regular butter.