



Optional sides and protein options not included

Produce

- yellow onion (3)
- garlic bulb (1)
- carrots (2 med)
- baby bok choy (4 bunches)
- bell pepper (1)
- cherry tomatoes (pint)
- lemon (1)
- toppings for chili like avocado, cilantro, and jalapenos*

Fresh Herbs *optional*

- basil (1 clamshell)
- green onions (1 bunch)

Refrigerated

Dairy

- whole-milk ricotta (15 oz tub)
- Greek yogurt (5 oz tub)
- grated Parmesan cheese (5 oz tub)
- milk (up to 1/2 gallon)**
- eggs (dozen)

Frozen

- chopped spinach (5 oz)

Meat/Seafood

- boneless skinless chicken breast (1 lb)
- chicken cutlets *or chicken breasts* (1 lb)
- ground beef (1 lb)
- raw shrimp (1 lb)
- salmon fillets, center cut (1 lb)

Pantry

- olive oil (1/3 cup)
- avocado oil (1/4 cup)
- cooking spray*
- vegetable broth (15 oz can)
- chicken broth (15 oz can)
- lo mein noodles (8 oz)
- kidney beans (2 - 15oz cans)
- fire roasted crushed tomatoes (28 oz can)
- diced tomatoes with chiles (10 oz can)
- pesto sauce (8 oz jar)
- chipotle peppers in adobo (sm jar)*
- soy sauce (sm bottle)**
- oyster sauce (sm bottle)*
- sun-dried tomatoes (sm jar)*
- kalamata olives (sm jar)*
- creamy peanut butter (sm jar)
- all-purpose flour (1/2 cup)**
- oat flour (sm bag)*
- granulated sugar (1 tbsp)**
- maple syrup (sm bottle)**
- chocolate chips (12 oz bag)
- unsalted almonds (sm bag)

Bakery

- sourdough bread (8 slices)

Spices

- chili powder
- ground cumin
- onion powder
- paprika
- dried parsley
- dried dill
- crushed red pepper

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand