

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (1)
- garlic (2 bulbs)
- carrots (2)
- cherry tomatoes (1 pint)
- lemon (5)
- bananas (4)
- dates (sm container)

## Fresh Herbs *optional*

- parsley (1 bunch)
- green onions (1 bunch)
- cilantro *for serving*

## Refrigerated

### Dairy

- Greek yogurt (sm tub)
- whole milk yogurt (sm tub)
- feta cheese (5 oz tub)
- almond milk (32 oz)

### Frozen

- chopped spinach (5 oz)

## Meat/Seafood

- boneless skinless chicken breast (3 lbs)
- ground beef (1/2 lbs)
- salmon fillets, center cut (1 1/2 lbs)
- large shrimp (1 lb)

## Pantry

- olive oil (1/2 cup)
- vegetable broth (1 quart)\*
- chicken broth (2 quarts)\*
- red lentils (sm bag)\*
- pearl couscous (sm bag)\*
- chickpeas (15 oz can)
- capers (sm jar)\*
- kalamata olives (sm jar)
- tomato paste (4 oz tube)\*
- coconut milk (15 oz can)
- creamy peanut butter (sm jar)\*\*
- tahini (sm jar)\*
- sun-dried tomatoes (sm jar)\*
- tomato paste (sm. can)
- maple syrup (sm bottle)\*\*
- pine nuts (sm bag)
- chia seeds (sm bag)\*\*
- shelled pistachios (sm bag)
- vanilla extract

## Bakery

n/a

## Spices

- cumin
- paprika
- smoked paprika
- turmeric
- cinnamon
- oregano
- ground ginger
- 7 spice
- dried dill

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand