



Optional sides and protein options not included

Produce

- yellow onion (3)
- garlic bulb (1)
- Yukon potatoes (1 1/2 lbs)
- carrots (6)
- celery (1 heart)
- mushrooms (8 oz container)
- cauliflower (1 head)
- tomatoes (4)
- green bell peppers (2)
- curly kale (1 bunch)
- shredded lettuce (1 bag)
- lemon (1)
- medjool dates (20 pieces)

Fresh Herbs *optional*

- curly parsley (4 bunches)
 - green onions (1 bunch)
 - cilantro (1 bunch)
 - dill (1 clamshell)
 - mint (1 clamshell)
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Refrigerated

Dairy

- ricotta cheese (32 oz tub)*
- feta cheese (5 oz tub)
- eggs (up to dozen)

- hummus (10 oz tub)

Frozen

- chopped spinach (5 oz)

Meat/Seafood

- boneless skinless chicken breast (3 lbs)
- beef stew meat (2 lbs)
- jumbo shrimp (1 lb)

Pantry

- olive oil (1 1/4 cup)
- cooking spray
- vegetable broth (2 quarts)
- white Jasmine rice (sm bag)**
- fine #1 bulgur wheat (sm bag)*
- tomato paste (4 oz tube)**
- creamy peanut butter (sm jar)**
- tahini sauce (sm jar)*
- all-purpose flour (3 tbsp)
- dark chocolate (sm bar)

Bakery

- pita breads (4)
- crusty bread (1 loaf)

Spices

- paprika
- oregano
- garlic powder
- onion powder
- dried dill
- thyme
- basil
- bay leaves
- cumin
- coriander
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand