



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (1)
- garlic bulb (1-2)
- Yukon gold potatoes (1 pound)
- celery heart (1)
- carrots (3)
- cherry tomatoes (2 pints)
- baby spinach (5 ounce bag)
- lemon (1)

Fresh Herbs *optional*

- cilantro (1 bunch)
- parsley (1 bunch)
- dill (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- feta cheese (8 ounce block)
- crumbled feta cheese (8 oz tub)
- eggs (dozen)

Frozen

- short cut green beans (20 oz)
- phyllo dough (1 pound)

Meat/Seafood

- chicken breast (1 pound)
- raw small shrimp (1 pound)
- ground beef (1 pound)
- chicken legs - *drumsticks with thighs* (2 pounds - approx. 4)

Pantry

- olive oil (1 1/4 cup)
- red wine vinegar (1 tbsp)**
- vegetable broth (1 quart)
- orzo pasta (16 oz)*
- cavatappi pasta (16 oz)
- tomato paste (6 oz can)
- diced tomatoes (3 - 15 oz cans)
- sun-dried tomatoes (8 oz jar)
- granulated sugar (1 1/2 cups)**
- shelled pistachios (24 oz bag)
- orange blossom water (sm bottle)*

Bakery

- whole wheat tortillas (4)

Spices

- crushed red pepper
- bay leaves
- 7 Spice
- za'atar
- oregano
- paprika
- cumin

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand