



Optional sides and protein options not included

## Produce

- red onion (1)
- shallot (2)
- garlic bulb (1)
- green cabbage (1 head)\*
- kale (1 bunch)
- grape tomatoes (1 pint)
- blueberries (1 pint)
- bananas (4)
- lime (1)
- lemon (6)

## Fresh Herbs *optional*

- scallions (2 bunches)
- dill (1 clamshell)
- parsley (1 bunch)
- basil (2 clamshells)

## Refrigerated

### Dairy

- goat cheese (4 oz log)
- Greek yogurt (32 oz tub)
- eggs (up to dozen)
- milk of choice (up to ½ gallon)

extra firm tofu (14 oz block)

### Frozen

n/a

## Meat/Seafood

- salmon fillets (1 ½ pounds)
- halibut fillets (1 ½ pounds)
- or another white fish*

## Pantry

- olive oil (1 1/4 cup)
- avocado oil (2 tbsp)\*\*
- white wine vinegar (1 tbsp)\*\*
- vegetable broth (1 quart)
- pad Thai rice noodles (8 oz)
- penne pasta (8 oz)
- farro grain (sm package)\*
- sriracha (sm bottle)\*\*
- hoisin sauce (sm jar)\*
- soy sauce (sm bottle)\*\*
- brown sugar (2 tbsp)\*\*
- granulated sugar (3/4 cup)\*\*
- powdered sugar (16 oz bag)\*
- all-purpose flour (2 cups)\*\*
- cornstarch (2 tbsp)\*\*
- rolled oats (16 oz can)
- peanuts (sm bag)
- shelled pistachios (sm bag)
- baking powder
- vanilla extract

## Bakery

n/a

## Spices

- oregano
- garlic powder
- dried parsley
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand