



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (2)
- garlic bulb (2)
- carrots (5)
- baby bella mushrooms (8 oz)
- chopped kale (6 oz)
- Persian cucumbers (2)
- lemon (2)

Fresh Herbs *optional*

- dill (1 clamshell)
 - mint (1 clamshell)
 - parsley (1 bunch)
 - green onions (1 bunch)
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Refrigerated

Dairy

- Greek yogurt (16 oz tub)
- crumbed feta cheese (12 oz tub)
- cream cheese (8 oz block)
- shredded sharp cheddar (16 oz bag)
- milk (up to half gallon)
- unsalted butter (2 sticks)
- eggs (up to 18)

Frozen

- spinach (2 - 10 oz bags)
- phyllo dough (16 oz)

Meat/Seafood

- boneless skinless chicken thighs (2 ½ pounds)
- large shrimp (1 ½ pounds)
- ground lamb (1 pound)

Pantry

- olive oil (1 cup)
- avocado oil (1 cup)
- cooking spray*
- elbow macaroni (1 pound)
- basmati rice (1 pound)
- breadcrumbs (12 oz can)
- all-purpose flour (2 ½ cups)**
- granulated sugar (1 cup)**
- light brown sugar (1 cup)**
- powdered sugar (16 oz bag)
- chopped walnuts (8 oz bag)
- raisins (12 oz box)*
- vanilla extract
- baking powder
- baking soda

Bakery

- French baguette (16 oz)

Spices

- mustard powder
- paprika
- oregano
- thyme
- turmeric
- red pepper flakes
- cumin
- coriander
- Italian seasoning
- cinnamon
- ground ginger
- ground nutmeg

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand