

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- garlic bulb (1)
- green cabbage (1 head)
- avocados (2)
- large tomatoes (2)
- lemons (3)

## Fresh Herbs *optional*

- parsley (1 bunch)
- basil (2 clamshells)

## Frozen

n/a

## Refrigerated

### Dairy

- ricotta cheese (15 oz tub)
- cottage cheese (16 oz tub)
- fresh mozzarella (8 oz)
- grated Parmesan cheese (5 oz tub)
- shredded mozzarella cheese (8 oz bag)
- shredded cheddar cheese (4 oz bag)
- eggs (dozen)
- milk (up to ½ gallon)\*\*
- unsalted butter (1 stick)\*\*

tartar sauce (1 jar) *for serving*

### Meat/Seafood

- ground beef (2 pounds)
- boneless skinless chicken breasts (2 ½ pounds)
- salmon fillets (1 ½ pounds)

## Pantry

- olive oil (1/2 cup)
- jumbo pasta shells (12 oz)
- spaghetti (1 pound)
- marinara sauce (24 oz jar)
- pesto sauce (8 oz jar)
- salsa (8 oz jar)
- black beans (15 oz can)\*
- almond flour (16 oz bag)\*
- dark chocolate chips (10 oz bag)\*
- granulated sugar (1/2 cup)\*\*
- baking soda\*\*
- baking powder\*\*
- vanilla extract\*\*

## Bakery

- sourdough bread (8 slices)
- 6" tortillas (8)

## Spices

- cumin
- 7 spice
- sumac
- Italian seasoning
- garlic powder
- paprika

### Ingredient notes

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

\*\* You may have this staple on hand