



Optional sides and protein options not included

Produce

- garlic bulb (1)
- broccoli florets (12 oz bag)
- baby spinach (5 oz container)
- strawberries (1 pound)
- lemons (3)

Refrigerated

Dairy

- Greek yogurt (16 oz tub)
- cottage cheese (16 oz tub)
- crumbled feta cheese (5 oz tub)
- grated Parmesan cheese (5 oz tub)
- shredded mozzarella (4 oz bag)
- shredded sharp cheddar (4 oz bag)
- cream cheese (8 oz block)
- heavy cream (1 pint)**
- milk (up to 1/2 gallon)
- eggs (dozen)
- butter (1 stick)**

Frozen

9" pie shell *or make your own*

Meat/Seafood

- sirloin steak (1 1/2 pounds)
- salmon fillet (1 1/2 pounds)

Fresh Herbs *optional*

- parsley (2 bunches)
- basil (2 clamshells)

Pantry

- olive oil (2/3 cup)
- avocado oil (2/3 cup)
- spaghetti (1 pound)
- pizza sauce (sm jar)*
- honey (sm bottle)*
- granulated sugar (3/4 cup)**
- all-purpose flour (3 cups)**
- sliced almonds (10 oz bag)*
- baking powder**
- vanilla extract**

Bakery

n/a

Spices

- crushed red pepper
- garlic powder
- oregano

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand