



Optional sides and protein options not included

## Produce

- yellow onion (1)
- red onion (1 small)
- garlic bulb (1)
- ginger root (1" knob)
- avocado (1)
- bell pepper (1)
- broccoli (1 head)
- cauliflower (1 head)
- zucchini (4)
- cherry tomatoes (2 pints)
- lemon (2)
- lime (2)

## Fresh Herbs *optional*

- cilantro (1 bunch)
  - parsley (1 bunch)
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## Refrigerated

### Dairy

- crumbled feta cheese (5 oz tub)
- grated Parmesan cheese (5 oz tub)
- shredded mozzarella cheese (16 oz bag)
- butter (1 stick)
- eggs (dozen)

### Frozen

n/a

## Meat/Seafood

- large shrimp (1 lb)
- boneless skinless chicken breast (1 lb)
- ground beef (1 lb)

## Pantry

- cooking spray
- olive oil (1/2 cup)
- avocado oil (1/2 cup)
- sesame oil (1 tsp)\*\*
- vegetable broth (1 qt)
- macaroni noodles (1 lb)
- spaghetti noodles (8 oz)
- pearl couscous (sm bag)\*
- rice *for serving*
- red wine vinegar (sm bottle)\*\*
- rice vinegar (sm bottle)\*\*
- soy sauce (sm bottle)\*\*
- Dijon mustard (sm bottle)\*\*
- kalamata olives (6 oz jar)
- capers (sm jar)\*
- marinara sauce (23 oz jar)\*
- black beans (15 oz can)
- corn (15 oz can)
- albacore tuna (2-5 oz cans)

- honey (sm bottle)\*\*
- dark brown sugar (sm bag)
- old-fashioned rolled oats
- all-purpose flour (1 cup)
- almond flour (2 tbsp)
- cornstarch (1 tbsp)
- raisins (sm bag)\*
- semi-sweet chocolate chips  
(12 oz bag)
- vanilla extract
- baking soda
- baking powder

## Bakery

n/a

## Spices

- Italian seasoning
- garlic powder
- taco seasoning
- paprika
- onion powder
- oregano
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand