



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic bulb (1)
- avocado (1)
- zucchini (3)
- green cabbage (1 small head)
- red cabbage (1 small head)
- bananas (3)
- lime (1)
- lemons (5)
- burger toppings (*lettuce, onion, tomato, avocado*)

Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- Greek yogurt (5 oz container)
- grated Parmesan cheese (5 oz tub)
- heavy cream (1 pint)
- milk (up to ½ gallon)
- unsalted butter (1 stick)
- eggs (up to dozen)

Frozen

n/a

Meat/Seafood

- ground chicken (1 lb)
- chicken breast (1 lb)
- salmon fillets (1 ½ lbs)
- large shrimp (2 lbs)

Pantry

- olive oil (1/2 cup)
- cooking spray*
- vegetable broth (1 quart)
- red wine vinegar (sm bottle)**
- mustard (sm bottle)**
- mayonnaise (sm jar)**
- salsa (sm jar)*
- breadcrumbs (sm tub)*
- black beans (2 - 15 oz cans)
- honey (sm bottle)**
- maple syrup (sm bottle)**
- granulated sugar (3/4 cup)**
- all-purpose flour (1 cup)**
- cornstarch (3 tbsp)**
- baking powder**

Bakery

- taco tortillas (8 small)
- burger buns (4)

Spices

- cumin
- garlic powder
- onion powder
- smoked paprika
- paprika
- crushed red pepper
- thyme
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand