



Optional sides and protein options not included

Produce

- onion (2)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- carrots (2 medium)
- sweet potatoes (4 medium)
- avocado (4)
- red bell pepper (1 medium)
- kale (2 bunches or 16 ounces)
- limes (3)
- lemons (2)
- strawberries (1 pound)

Fresh Herbs *optional*

- green onions (1 bunch)
- basil (1 clamshell)
- cilantro (2 bunches)
- parsley (2 bunches)

Refrigerated

Dairy

- grated Parmesan cheese (5 oz tub)
- milk (up to ½ gallon)

Frozen

- peas (10 oz bag)
- corn (10 oz bag)
- pineapple chunks (16 oz bag)

Meat/Seafood

n/a

Pantry

- olive oil (3/4 cup)
- fusilli pasta (1 pound)
- rice noodles (8 ounces)
- quinoa (1 pound)**
- dry chickpeas (1 pound)
- soy sauce (sm bottle)**
- rice vinegar (sm bottle)**
- toasted sesame oil (sm bottle)**
- creamy peanut butter (sm jar)**
- sriracha (sm bottle)**
- black beans (15 oz can)
- chickpeas (2 - 15 oz cans)
- tahini paste (sm jar)*
- coconut water (1 quart)
- maple syrup (sm bottle)**
- honey (sm bottle)**
- granulated sugar (2 tsp)**
- toasted peanuts (sm bag)*
- chia seeds (sm bag)*
- vanilla extract

Bakery

- Arabic style pitas (4)

Spices

- cumin
- chili powder
- coriander

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand