

GROCERY LIST



Optional sides and protein options not included

Produce

- red onion (1)
- garlic bulb (1)
- jalapeno (1)
- celery (1 heart)
- sweet potatoes (2 large)
- avocado (1)
- English cucumbers (2)
- Persian cucumbers (2)
- grape tomatoes (1 pint)
- romaine lettuce (2 heads)
- baby spinach (16 oz bag)
- coleslaw mix (16 oz bag)
- lime (1)
- lemons (4)
- bananas (4 firm)

Fresh Herbs *optional*

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

Dairy

- cottage cheese (16 oz)
- Greek yogurt (5 oz)
- crumbled feta cheese (5 oz)
- grated Parmesan cheese (5 oz)

eggs (up to dozen)

Frozen

n/a

Meat/Seafood

- jumbo raw shrimp (1 lb)
- ground beef (1 lb)
- shredded chicken (1 lb)
- or chicken breast (1 large)*

Pantry

- olive oil (1/2 cup)
- coconut oil (1 tbsp)**
- cooking spray*
- white vinegar (sm bottle)**
- chickpeas (15 oz can)
- canned tuna (2 - 5oz cans)
- hollandaise sauce (sm jar)*
- BBQ sauce (sm jar)**
- Dijon mustard (sm bottle)**
- mayonnaise (sm jar)**
- sriracha (sm bottle)**
- sliced dill pickles (sm jar)*
- Kalamata olives (sm jar)*
- honey (sm bottle)**
- semi-sweet chocolate chips (10 oz)*
- toppings for chocolate-covered bananas (peanuts, sprinkles, etc..)*

- wooden skewers (4-6)
- popsicle sticks (8)

Bakery

- Brioche buns (4)
- English muffins (4)

Spices

- BBQ seasoning
- dried dill
- paprika
- garlic powder
- crushed red pepper
- oregano

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand