

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (1)
- red onion (1)
- shallot (1)
- garlic bulb (2)
- red bell pepper (1)
- mushrooms (24 oz)
- cherry tomatoes (1 pint)
- Persian cucumbers (2)
- baby spinach (5 oz clamshell)
- lemons (3)

## Fresh Herbs *optional*

- mint (1 bunch)
  - scallions (1 bunch)
  - dill (1 bunch)
  - parsley (1 bunch)
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## Refrigerated

### Dairy

- grated Parmesan cheese (5 oz tub)
- crumbed feta cheese (5 oz tub)
- shredded cheddar cheese (8 oz bag)
- Greek yogurt (5 oz container)
- milk (up to ½ gallon)
- eggs (1 dozen)

### Frozen

n/a

### Meat/Seafood

- boneless lamb loin or leg of lamb (1 ½ lbs)
- large shrimp (1 lb)
- boneless skinless chicken breast (1 ½ lbs)

## Pantry

- olive oil (1 cup)
- cooking spray
- chicken broth (1 quart)
- gnocchi (16 oz)
- spaghetti (8 oz)
- orzo pasta (8 oz)
- pesto (6.5 oz jar)
- balsamic vinegar (sm bottle)\*\*
- Dijon mustard (sm bottle)\*\*
- maple syrup (sm bottle)\*\*
- honey (sm bottle)\*\*
- creamy peanut butter (sm jar)\*\*
- quick oats (sm can)\*\*
- shredded coconut (sm bag)\*
- ground flaxseed (sm bag)\*
- mini chocolate chips (10 oz bag)\*
- all-purpose flour (2 tbsp)\*\*

## Bakery

n/a

## Spices

- onion powder
- Italian seasoning
- cumin
- paprika
- cinnamon
- oregano

### Ingredient notes

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

\*\* You may have this staple on hand