



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (2)
- garlic bulb (1)
- ginger root (1" knob)
- jalapeno (1)
- zucchini (1 medium)
- summer squash (1 medium)
- bell peppers, any color (3)
- red bell pepper (1)
- cherry tomatoes (1 pint)
- Roma tomatoes (2)
- broccoli (1 large head)
- avocado (2)
- lime (2)
- bananas (2)

Fresh Herbs *optional*

- basil (1 clamshell)
 - cilantro (1 bunch)
 - parsley (1 bunch)
 - green onions (1 bunch)
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Refrigerated

Dairy

- Greek yogurt (32 oz tub)
- sour cream (8 oz tub)
- grated Parmesan cheese (5 oz tub)
- shredded cheddar cheese (8 oz bag)
- butter (1 stick)
- milk (up to ½ gallon)
- eggs (up to dozen)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (2 ½ lbs)
- ground beef (1 lb)
- shrimp (1 lb)

Pantry

- olive oil (1/2 cup)
- avocado oil (1 tbsp)**
- toasted sesame seed oil (sm bottle)*
- cooking spray
- soy sauce (sm bottle)**
- oyster sauce (sm bottle)*
- rice vinegar (sm bottle)**
- spaghetti (1 lb)
- white rice (1 lb)**
- breadcrumbs (8 oz can)*
- chicken broth (32 oz carton)
- fire roasted diced tomatoes (15 oz can)
- tomato paste (4 oz tube)
- honey (sm bottle)**
- light brown sugar (1/2 cup)**
- all-purpose flour (1 cup)**
- cornstarch (1 tsp)**
- baking soda
- vanilla extract

Bakery

- Brioche bread (1 loaf)
- tortillas (8-10 ct)

Spices

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

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand