



Optional sides and protein options not included

Produce

- onions (2)
- garlic bulb (1)
- eggplant (1 small)
- zucchini (1)
- yellow squash (1)
- cauliflower (1 head)
- red bell pepper (1)
- lemon (2)
- banana (2)

Fresh Herbs *optional*

- green onions (1 bunch)
 - thyme (1 clamshell)
 - dill (1 clamshell)
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Refrigerated

Dairy

- grated Parmesan cheese (5 oz tub)
- Greek yogurt (8 oz tub)
- eggs (up to dozen)
- milk (up to ½ gallon)

Frozen

- peas and carrots (10 oz bag)
- mixed berries (16 oz bag)

Meat/Seafood

- shrimp (1 lb)

Pantry

- cooking spray
- olive oil (1/4 cup)
- avocado oil (1 tbsp)**
- sesame seed oil (1 tsp)**
- red wine vinegar (sm bottle)**
- soy sauce (sm bottle)**
- Worcestershire sauce (sm bottle)**
- Dijon mustard (sm bottle)**
- quinoa (sm bag)**
- salmon (2 - 6 oz cans)
- black beans (15 oz can)
- fire roasted diced tomatoes (15 oz can)
- tomato paste (4 oz tube)
- sweet chili sauce (sm bottle)*
- capers (3 oz jar)
- panko breadcrumbs (8 oz tub)*
- breadcrumbs (8 oz tub)*
- shredded sweetened coconut (7 oz bag)*
- all-purpose flour (1/4 cup)**
- honey (sm jar)**
- peanut butter (sm jar)**
- roasted peanuts (sm bag)*
- dark chocolate bar (4 oz)
- Medjool dates (12 count)

Bakery

- hamburger buns (4)

Spices

- crushed red pepper
- oregano
- smoked paprika
- onion powder
- garlic powder

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand