

GROCERY LIST



Optional sides and protein options not included

Produce

yellow onion (2 medium)
red onion (1 medium)
garlic bulb (1-2)
carrots (2 medium)
celery heart (1)
spaghetti squash (2 small)
bell pepper (1)
cherry tomatoes (1 pint)
lemons (2)

Fresh Herbs *optional*

parsley (1 bunch)
dill (1 bunch)
basil (1 bunch)

Refrigerated

Dairy

cottage cheese (16 oz tub)
Greek yogurt (5 oz cup)
grated Parmesan cheese (5 oz tub)
shredded cheddar cheese (8 oz bag)
shredded mozzarella cheese (8 oz bag)
butter (1 stick)
eggs (1 dozen)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breast (3 ½ lbs)
salmon fillets (1 ½ lbs)
ground beef (1 lb)

Pantry

olive oil (1/2 cup)
avocado oil (1 tbsp)
vegetable broth (2 quarts)
green lentils (1 lb bag)
pizza sauce (14 oz jar)
crushed tomatoes (2 - 15 oz cans)
tomato paste (4 oz tube)
harissa paste (sm jar)*
Dijon mustard (sm bottle)**
black olives (6 oz can)*
shelled pistachios (8 oz bag)

Bakery

naan bread (4-8)

Spices

paprika
ground cumin
dried thyme
oregano
Italian seasoning
garlic powder

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand