



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- carrots (3 large)
- celery (1 heart)
- red bell pepper (1)
- Persian cucumbers (2)
- Bibb lettuce (1 head)
- broccoli florets (12 oz bag)
- lemon (3)
- banana (2)
- strawberries (1 lb)

Fresh Herbs *optional*

- parsley (1 bunch)
- green onions (1 bunch)

Refrigerated

Dairy

- Greek yogurt (sm tub)
- cream cheese (8 oz block)
- unsalted butter (1 stick)
- milk (up to 1/2 gallon)

cold brewed coffee (48 oz)

Frozen

n/a

Meat/Seafood

- whole chicken (3-4 lbs)
- boneless skinless chicken thighs (1 1/4 lbs)
- flank steak (1 lb)

Pantry

- olive oil (1/2 cup)
- avocado oil (2 tbsp)
- cooking spray*
- orzo pasta (16 oz)*
- white rice *for serving* (sm bag)**
- green lentils (16 oz)*
- chickpeas (15 oz can)
- roasted red peppers (sm jar)*
- soy sauce (sm bottle)**
- rice vinegar (sm bottle)**
- hoisin sauce (sm bottle)*
- honey (sm jar)**
- dark brown sugar (sm bag)**
- rolled oats (sm bag)**
- granola (8 oz bag)*
- vanilla protein powder (sm bag)*
- cornstarch (sm bag)**
- vanilla extract**

Bakery

n/a

Spices

- za'atar
- cumin
- paprika
- thyme
- garlic powder
- sesame seeds *for serving*
- bay leaves
- rosemary
- turmeric
- crushed red pepper
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand