

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (2)
- red onion (1)
- garlic bulb (1)
- carrots (2)
- English cucumber (1)
- Persian cucumbers (3)
- cherry tomatoes (2 pints)
- tomato (1)
- baby spinach (5 oz)
- lettuce (1 heart)
- lemon (3)
- strawberries (1 lb)
- kiwis (4)
- mango (1)
- pineapple (1)

## Fresh Herbs *optional*

- parsley (2 bunches)
  - cilantro (2 bunches)
  - green onions (1 bunch)
  - mint (1 clamshell)
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## Refrigerated

### Dairy

- Greek yogurt (sm tub)
- eggs (dozen)
- Ashta (sm tub)

### Frozen

- frozen strawberries (sm bag)

### Meat/Seafood

n/a

## Pantry

- olive oil (3/4 cup)
- cooking spray
- spaghetti (1 lb)
- quinoa (sm bag)\*\*
- red lentils (sm bag)\*
- short grain white rice (sm bag)\*\*
- basmati rice (sm bag)\*\*
- dry chickpeas (1 lb)
- chickpeas (2 - 15 oz cans)
- Kalamata olives (sm jar)
- tahini (sm jar)
- Dijon mustard (sm bottle)\*\*
- baking powder
- all-purpose flour (3 tbsp)\*\*
- pine nuts (sm bag)
- slivered almonds (sm bag)\*
- chopped walnuts (sm bag)\*
- pistachios (sm bag)\*
- rose water (sm bottle)\*
- honey (sm bottle)\*\*

## Bakery

pita breads *for serving*

## Spices

- cumin
- coriander
- crushed red pepper
- oregano
- 7-spice

### Ingredient notes

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

\*\* You may have this staple on hand