



*Optional sides and protein options not included*

## Produce

- yellow onions (6)
- garlic bulb (1)
- celery (1 heart)
- romaine lettuce (1 heart)
- green bell pepper (1 large)
- tomato (1 large)
- Persian cucumbers (3)
- radishes (1 bunch)
- lemon (2)

*fresh or frozen fruit/vegetables for blended overnight oats (2 cups)*

## Fresh Herbs *optional*

- parsley (2 bunches)
- green onions (1 bunch)

## Refrigerated

### Dairy

- whole milk yogurt (32 oz tub)
- milk (1 quart)

### Frozen

n/a

## Meat/Seafood

- ground beef (1 lb)
- cod fillets (1 1/2 lbs)
- cooked chicken (3 cups) *or 2 lbs of chicken breast*

## Pantry

- olive oil (1 1/4 cups)
- chicken broth (32 oz carton)
- vegetable broth (2 - 32 oz cartons)
- basmati rice (2 lbs)
- green lentils (8 oz)
- rice vermicelli noodles (8 oz)\*
- crushed tomatoes (1 - 28 oz can)
- canned chickpeas (4 - 15 oz can)
- pomegranate molasses (sm bottle)\*
- honey or maple syrup (sm bottle)\*
- pine nuts (4 oz bag)
- slivered almonds (6 oz bag)
- chia seeds (sm bag)
- rolled oats (4 cups)\*\*
- all-purpose flour (1/4 cup)\*\*

## Bakery

- Arabic-style pita bread (2 lg)

## Spices

- sumac
- 7 spice
- dried mint
- paprika
- coriander
- cumin
- turmeric
- ginger
- cinnamon
- for roasted chickpeas:*
  - curry
  - chili powder
  - garlic powder
  - za'atar

### Ingredient notes

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

\*\* You may have this staple on hand