



Optional sides and protein options not included

Produce

- yellow onions (2)
- garlic bulb (1)
- fresh ginger (1" knob)
- russet potato (1 large)
- carrots (4 medium)
- celery heart (1)
- crimini mushrooms (12 oz)
- shelled edamame (12 oz)
- green bell pepper (1)
- red bell pepper (1)
- avocado (1)
- cherry tomatoes (1 pint)
- baby spinach (5 oz)
- lemon (1)
- lime (1)

Fresh Herbs *optional*

- fresh dill (1 bunch)
- cilantro (1 bunch)
- green onions (1 bunch)
- basil (1 clamshell)

Refrigerated

Dairy

- ricotta cheese (15 oz tub)
- cottage cheese (16 oz tub)
- plain yogurt (5 oz tub)
- crumbled feta cheese (5 oz tub)
- shredded mozzarella cheese (16 oz bag)
- grated parmesan cheese (5 oz tub)
- egg whites (16 oz container)
- eggs (up to dozen)**

- pizza dough (8 oz)

Frozen

n/a

Meat/Seafood

n/a

Pantry

- olive oil (3/4 cups)
- toasted sesame oil (1 tsp)**
- cooking spray
- vegetable broth (2 quarts)
- jumbo pasta shells (8 oz)
- quinoa (16 oz)**
- brown lentils (16 oz)*
- green lentils (16 oz)*
- soy sauce (sm bottle)**
- marinara sauce (28 oz jar)
- pizza sauce (14 oz jar)
- fire roasted diced tomatoes (2-15oz cans)
- roasted red peppers (sm jar)*
- honey (sm bottle)**
- maple syrup (sm bottle)**
- rolled oats (1 cup)**
- almond flour (16 oz)*
- protein powder (sm tub)**
- dark chocolate chips (10 oz bag)*
- vanilla extract

Bakery

n/a

Spices

- paprika
- Italian seasoning
- oregano
- crushed red pepper
- cumin
- dried thyme
- sesame seeds

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand