

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onion (3)
- red onion (1)
- garlic cloves (1 bulb)
- ginger root (1" knob)
- jalapeno (1)
- avocado (2)
- baby Bella mushrooms (8 oz)
- zucchini (2)
- cauliflower (1 head)
- Persian cucumbers (2)
- red bell pepper (1)
- green bell pepper (1)
- grape tomatoes (1 pint)
- broccoli florets (12 oz bag)
- lemon (1)
- lime (1)

Fresh Herbs *optional*

- thyme (1 clamshell)
- basil (1 clamshell)
- cilantro (2 bunches)

Refrigerated

Dairy

- cottage cheese (16 oz tub)
- shredded parmesan cheese (5 oz tub)
- grated parmesan cheese (5 oz tub)
- whole milk (up to ½ gallon)

Frozen

- peas (12 oz bag)
- corn (12 oz bag)

Meat/Seafood

n/a

Cottage Cheese Toast Toppings

- smoked salmon & red onion*
- cucumbers & pesto*
- diced tomatoes & za'atar*
- avocado & sesame seeds*

Pantry

- olive oil (3/4 cup)
- cooking spray*
- red wine vinegar (sm bottle)**
- vegetable broth (2 quarts)
- penne pasta (1 pound)
- quinoa (16 oz)*
- arborio rice (16 oz)*
- basmati rice (16 oz)
- full fat coconut milk (15 oz can)
- black beans (15 oz can)
- canned diced tomatoes (15 oz can)
- crushed tomatoes (28 oz can)
- tomato paste (4 oz tube)*
- red curry paste (sm jar)*
- Dijon mustard (sm bottle)**
- raw almonds (8 oz bag)*
- cashews (8 oz bag)*
- peanuts (8 oz bag)*
- dried cranberries (6 oz bag)*
- chocolate chips (12 oz bag)*

Bakery

- corn tortillas (4 small)
- sourdough bread (4 slices)

Spices

- oregano
- Italian seasoning
- curry powder
- turmeric
- cumin
- chili powder

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand