



Optional sides and protein options not included

Produce

- yellow onion (2)
- red onion (1)
- shallot (3)
- garlic bulb (1)
- carrots (2)
- avocado (1)
- zucchini (2 medium)
- Roma tomato (2 large)
- cherry tomatoes (1 pint)
- lettuce (1 head)
- green leaf lettuce (5 oz container)
- lemon (4)
- bananas (4)
- berries of choice (1 pint)

Fresh Herbs *optional*

- parsley (1 bunch)
 - green onions (1 bunch)
 - rosemary (1 clamshell)
 - thyme (1 clamshell)
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Refrigerated

Dairy

- Greek yogurt (32 oz)
- crumbled blue cheese (5 oz tub)
- milk (up to half gallon)
- eggs (dozen)

tartar sauce *for serving*

Frozen

n/a

Meat/Seafood

- New York strip steak (1 ½ lbs)
- ground beef (1 lb)
- boneless skinless chicken breast (3 lbs)
- center-cut salmon filets (1 ½ lbs)

Pantry

- olive oil (1 ¼ cup)
- cooking spray*
- chicken broth (1 quart)
- green lentils (sm bag)
- penne pasta (8 oz)
- balsamic vinegar (sm bottle)**
- Dijon mustard (sm bottle)**
- mayonnaise (sm jar)**
- ketchup (sm bottle)**
- Worcestershire sauce (sm bottle)**
- tomato paste (4 oz tube)*
- pickled onions (sm jar)
- honey (sm bottle)**
- creamy peanut butter (sm jar)**
- quick oats (sm container)**
- granola (sm container)*

Bakery

- Brioche buns (4)

Spices

- garlic powder
- onion powder
- cumin
- coriander
- paprika
- smoked paprika
- dill weed
- dried parsley
- Cajun seasoning
- 7 spice
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand