

GROCERY LIST



Optional sides and protein options not included

Produce

- red onion (1)
- garlic bulb (1)
- avocado (1)
- cauliflower heads (2)
- romaine lettuce (1 head)
- cherry tomatoes (1 pint)
- Persian cucumbers (2)
- lime (1)
- lemon (3)
- blueberries (6 oz container)
- strawberries (3 pounds)
- burger toppings (*lettuce, tomatoes, onion*)

Fresh Herbs *optional*

- parsley (1 bunch)

Refrigerated

Dairy

- Greek yogurt (5 oz container)
- crumbled feta cheese (5 oz tub)
- heavy cream (1 pint)

Frozen

- corn (12 oz bag)

Meat/Seafood

- large shrimp (1 lb)
- chicken drumsticks (2 ½ lbs)
- salmon fillets with skin (1 ½ lbs)

Pantry

- olive oil (3/4 cup)
- cooking spray*
- soy sauce (sm bottle)**
- Dijon mustard (sm bottle)**
- instant vanilla pudding (5 oz box)
- granola (sm container)*
- honey (sm jar)**
- granulated sugar (1 cup)**

Bakery

- burger buns (4)
- Angel food cake (1)

Spices

- smoked paprika
- paprika
- onion powder
- garlic powder
- chili powder
- oregano

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand