

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (1)
- red onion (1)
- garlic bulb (1)
- portobello mushrooms (4)
- cherries (2 lbs)
- bananas (2)
- lemon (2)
- lime (1+)

## Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)

## Refrigerated

### Dairy

- crumbled feta cheese (5 oz tub)
- grated parmesan cheese (sm tub)
- unsalted butter (1 stick)
- milk (up to ½ gallon)
- egg (2)\*\*

orange juice (sm container) *or 1 orange*

### Frozen

- dragon fruit (14 oz bag)

## Meat/Seafood

- jumbo shrimp (1 lb)
- skirt steak (1 lb)
- ground beef (1lb)

## Pantry

- olive oil (1/2 cup)
- avocado oil (1 tbsp)
- balsamic vinegar (2 tbsp)
- spaghetti noodles (1 lb box)
- marinara sauce (25 oz jar)
- sundried tomatoes (sm jar)
- chickpeas (15 oz can)
- salsa (sm jar)
- rolled oats (1/2 cup)\*\*
- breadcrumbs (1/4 cup)
- granulated sugar (1 ¼ cup)\*\*
- vanilla protein powder (sm tub)\*
- all-purpose flour (1 ¼ cup)\*\*
- cornstarch (2 tbsp)\*\*
- baking powder \*\*
- almond extract \*

## Bakery

- corn tortillas (8)

## Spices

- oregano
- garlic powder
- paprika
- Italian seasoning
- chili powder
- cumin
- Mexican oregano

### Ingredient notes

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

\*\* You may have this staple on hand