



Optional sides and protein options not included

## Produce

- yellow onion (2)
- red onion (1)
- shallot (1)
- garlic bulb (1)
- red bell pepper (1)
- avocado (2)
- plum tomatoes (2)
- cherry tomatoes (1 pint)
- Persian cucumbers (4)
- romaine lettuce (1 head)
- shredded lettuce (8 oz bag)
- lemons (2)
- lime (2)

## Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)
- dill (1 clamshell)

## Refrigerated

### Dairy

- Greek yogurt (16 oz tub)
- cottage cheese (2 - 15 oz tubs)
- crumbled feta cheese (5 oz tub)
- unsalted butter (1 stick)
- milk (up to half gallon)
- eggs (up to dozen)

### Frozen

n/a

## Meat/Seafood

- chicken wings (3 lbs)
- boneless skinless chicken breast (1 lb)
- sirloin steak (1 lb)
- ground beef (1 lb)
- large shrimp *cooked or uncooked* (1 lb)

## Pantry

- olive oil (1 cup)
- red wine vinegar (sm bottle)\*\*
- pasta of choice (8 oz)
- Dijon mustard (sm bottle)\*\*
- hot sauce (sm bottle)\*\*
- pitted Kalamata olives (sm jar)\*
- light brown sugar (2 tbsp)\*\*
- honey (sm bottle)\*\*
- rolled oats (sm tub)\*
- vanilla protein powder (sm tub)\*
- baking powder

## Grab your favorite ice cream flavors:

- peanut butter + chocolate chips
- strawberries + graham crackers
- banana + vanilla extract

## Bakery

n/a

## Spices

- paprika
- smoked paprika
- onion powder
- garlic powder
- cumin
- cardamom
- oregano
- dried dill

### Ingredient notes

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

\*\* You may have this staple on hand