

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onions (3)
- white onions (2 small)
- garlic bulb (1)
- ginger root (1" knob)
- jalapeno (1 small)
- carrots (2 medium)
- green bell pepper (1)
- red bell pepper (1)
- avocado (1)
- baby spinach (5 oz container)
- cauliflower florets (8 oz bag)
- cherry tomatoes (1 pint)
- lemon (2)
- lime (2)
- strawberries (1 pound)

Fresh Herbs *optional*

- basil (2 clamshells)
- green onions (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- plain yogurt (5.3 oz container)
- sliced cheese (8 oz - approx. 8 slices)
- shredded Mexican cheese (8 oz bag)
- Parmesan cheese
(10 oz block or 10 oz tub shredded)
- unsalted butter (1 stick)
- egg (1)**

ranch dip *for serving*

Frozen

- shelled edamame (10 oz bag)

Meat/Seafood

n/a

Pantry

- olive oil (1/2 cup)
- toasted sesame seed oil (1 tsp)**
- cooking spray*
- linguine (8 oz)
- quinoa (8 oz)
- black beans (15 oz can)
- chickpeas (2 - 15 oz cans)
- soy sauce (sm bottle)**
- honey (sm bottle)**

tahini sauce *for serving*

Bakery

- sliced bread
(large loaf - 12 slices)
- flour tortillas (4)

Spices

- taco seasoning
- cumin
- paprika
- cardamom
- crushed red pepper
- cinnamon
- garlic powder
- sesame seeds

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand