



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- jalapeno (1)
- Napa cabbage (1 head)
- red cabbage (1 head)
- lettuce (1 sm head) *for burgers*
- bell peppers, any color (2)
- red bell pepper (1)
- carrots (2 medium)
- avocado (1)
- tomato (1 large) *for burgers*
- seedless grapes (2 lb bag)
- bananas (2)
- mango (1)
- lime (2)
- lemon (1)

Fresh Herbs *optional*

- parsley (1 bunch)
 - cilantro (1 bunch)
 - green onions (1 bunch)
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Refrigerated

Dairy

- cottage cheese (16 oz tub)
- grated Parmesan cheese (5 oz tub)
- cream cheese (8 oz block)
- Greek yogurt (5.3 oz cup)
- milk (up to ½ gallon)
- butter (1 stick)

Frozen

- strawberries (16 oz bag)

Meat/Seafood

- ground chicken (1 lb)
- boneless skinless chicken breast (1 ½ lbs)
- shredded chicken (1 lb) *or* chicken breast (1 lb)
- large shrimp (1 lb)

Pantry

- olive oil (1/4 cup)
- avocado oil (1/4 cup)
- toasted sesame seed oil (sm bottle)*
- rice vinegar (sm bottle)**
- soy sauce (sm bottle)**
- mayonnaise (sm jar)*
- fusilli pasta (16 oz)
- marinara sauce (24 oz jar)*
- creamy peanut butter (sm jar)**
- Italian breadcrumbs (15 oz can)*
- Chow mein crunchy noodles (5 oz can)*
- chopped pecans (6 oz bag)*
- honey (sm bottle)**
- brown sugar (1 tbsp)**
- vanilla extract

- wooden skewers (4-6)

Bakery

- hamburger buns (4)
- corn tortillas (8)

Spices

- paprika
- chili powder
- cumin
- cinnamon
- crushed red pepper

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand