



Optional sides and protein options not included

Produce

- yellow onions (2)
- garlic bulb (1)
- ginger root (1" knob)
- lettuce (1 head) *for burgers*
- tomato (1 large) *for burgers*
- broccoli (1 head)
- bell peppers (3)
- lime (1)
- lemon (2)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- Greek yogurt (5 oz cup)
- unsalted butter (1 stick)
- milk (up to ½ gallon)
- eggs (up to dozen)

Frozen

n/a

Meat/Seafood

- large shrimp (1 lb)
- ground turkey (1 lb)
- chicken breasts (1 ½ lbs)
- sirloin steak (2 lbs)
or flank (1 lb) and New York steak (1 lb)

Pantry

- cooking spray*
- olive oil (1/4 cup)
- avocado oil (1/4 cup)
- toasted sesame oil (1 tsp)**
- chickpeas (15 oz can)
- tomato paste (4 oz tube)
- panko breadcrumbs (8 oz box)**
- creamy peanut butter (sm jar)**
- tahini (sm jar)*
- sriracha (sm bottle)**
- salsa (sm jar)
- all-purpose flour (2 cups)**
- honey (sm bottle)**
- maple syrup *for pancakes*
- light brown sugar (2 tbsp)**
- semi-sweet chocolate chips (sm bag)*
- baking powder

Bakery

- tortillas (8-12)
- burger buns (4)
- Arabic pita *for kabobs*

Spices

- paprika
- smoked paprika
- onion powder
- oregano
- allspice
- crushed red pepper
- Italian seasoning
- taco seasoning
- sesame seeds
- ground ginger

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand