



Optional sides and protein options not included

Produce

- yellow onion (1 medium)
- red onion (2 small)
- garlic (1 bulb)
- ginger root (1" knob)
- romaine lettuce (2 heads)
- tomatoes (3 medium)
- Persian cucumbers (2)
- jicama (1)
- avocado (2)
- lemon (3)
- lime (2)
- ripe peaches (6)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- crumbled feta cheese (8 oz tub)
- cotija cheese (4 oz bag)
- Greek yogurt (16 oz tub)
- unsalted butter (1 stick)
- milk (up to ½ gallon)
- eggs (up to dozen)
- vanilla ice cream *for serving*

- almond milk (1 pint) *or regular milk*

Frozen

- corn (16 oz bag)

Meat/Seafood

- cod fillets (1 lb)
- boneless skinless chicken breast (3 lbs)
- ground beef (1 lb)

Pantry

- cooking spray*
- olive oil (1/2 cup)
- avocado oil (1/4 cup)
- chipotle chilis in adobo (sm jar)
- black beans (2 - 15 oz cans)
- long grain white rice (sm bag)**
- Panko breadcrumbs (8 oz box)*
- rolled oats (18 oz container)**
- all-purpose flour (1/2 cup)**
- honey (sm jar)**
- granulated sugar (1/2 cup)**
- unsweetened applesauce (4 oz cup)
- dried cranberries (6 oz bag)*
- walnuts (6 oz bag)*
- vanilla extract
- baking powder

Bakery

- sliced white bread (1 loaf)

Spices

- paprika
- garlic powder
- onion powder
- oregano
- cumin
- cinnamon
- ground ginger

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand