



Optional sides and protein options not included

Produce

- yellow onion (2)
- garlic bulb (1)
- ginger root (1" knob)
- sweet potatoes (2 large)
- green cabbage (1 small head)
- red bell pepper (1)
- green bell pepper (1)
- matchstick carrots (8 oz bag)
- avocado (1)
- strawberries (1 lb)

Fresh Herbs *optional*

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

Refrigerated

Dairy

- grated Parmesan cheese (5 oz tub)
- low-moisture mozzarella cheese (8 oz bag)
- cottage cheese (2 - 16 oz tubs)
- yogurt (5 oz cup)
- butter (1 stick)
- eggs (up to dozen)
- milk (up to ½ gallon)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (1 lb)
- chicken wings (1 lb)
- jumbo shrimp (1 lb)
- ground beef (1 lb)

Pantry

- cooking spray*
- olive oil (1/4 cup)
- avocado oil (1/4 cup)
- toasted sesame oil (sm bottle)**
- oyster sauce (sm bottle)*
- soy sauce (sm bottle)**
- vegetable broth (1 quart)
- chicken broth (1 quart)
- lasagna sheets (1 lb)
- lo mein noodles (8 oz)
- black beans (2 - 15 oz cans)
- fire roasted diced tomatoes (28 oz can)
- whole peeled tomatoes (2 - 28 oz cans)
- green chilis (4.5 oz can)
- hot sauce (sm bottle)**
- chia seeds (sm bag)*
- honey (sm bottle)**
- self-rising flour (1 cup)
- cornstarch (1 tbsp)

- wooden skewers (4-6)

Bakery

n/a

Spices

- smoked paprika
- garlic powder
- BBQ seasoning
- chili powder
- cumin
- oregano
- Italian seasoning
- red pepper flakes

For bagels:
everything bagel seasoning and/or sesame seeds

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand