



Optional sides and protein options not included

## Produce

- yellow onion (3 medium)
- shallot (1)
- garlic bulb (1)
- ginger root (1" knob)
- celery (1 heart)
- carrots (2 medium)
- baby potatoes (1 pound)
- russet potatoes (1 pound)
- yellow potatoes (1 pound)
- sweet potato (1 medium)
- red bell pepper (1 medium)
- eggplants (2 medium)
- white mushrooms (16 oz container)
- mixed greens (4 oz container)
- radishes (1 bunch)
- cherry tomatoes (1 pint)
- lime (1)
- lemon (2)
- apples (3 lbs)
- mix-ins for muffins: banana, strawberries, blueberries*

## Refrigerated

### Dairy

- parmesan cheese (8 oz wedge)
- shredded mozzarella cheese (16 oz bag)
- Greek yogurt (32 oz tub)
- butter (1 lb - 4 sticks)
- eggs (up to 1 dozen)
- milk (up to ½ gallon)
- vanilla ice cream (1 pint) *for serving*

### Frozen

- peas (12 oz bag)
- corn kernels (16 oz bag)

### Fresh Herbs *optional*

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

## Pantry

- olive oil (1 cup)
- red wine vinegar (1/4 cup)
- rigatoni (1 lb)
- red lentils (1 lb bag)\*
- quinoa (1 lb bag)\*\*
- vegetable broth (1 quart)
- marinara sauce (28 oz jar)
- tomato paste (4 oz tube)
- red curry paste (4 oz jar)
- Nicoise olives (6 oz jar)
- Dijon mustard (sm bottle)\*\*
- pancake mix (32 oz box)
- rolled oats (18 oz container)\*\*
- all-purpose flour (3/4 cup)
- maple syrup (sm bottle)\*\*
- granulated sugar (2 tbsp)\*\*
- light brown sugar (1/2 cup)\*\*
- chopped pecans (8 oz bag)\*
- chocolate chips *for muffins*
- vanilla extract

## Bakery

n/a

## Meat/Seafood

n/a

## Spices

- herbs de Provence
- curry powder
- turmeric
- cumin
- crushed red pepper
- dried thyme
- bay leaf
- smoked paprika
- ground cinnamon

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand