



Optional sides and protein options not included

Produce

- yellow onions (2 medium)
- shallot (1 small)
- garlic bulb (1)
- fresh ginger (1" knob)
- celery (1 heart)
- red bell peppers (2)
- eggplants (2 medium)
- tomatoes (4 small)
- avocados (2)
- arugula (5 oz clamshell)
- spinach (5 oz bag)
- apples (2 large)
- lemon (1)

Fresh Herbs *optional*

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

Dairy

- grated Parmesan cheese (5 oz tub)
- feta cheese (5 oz tub)
- shredded mozzarella cheese (16 oz bag)
- sliced cheddar cheese (8 oz - 8 slices)
- Greek yogurt (32 oz tub)
- large eggs (up to dozen)
- unsalted butter (2 sticks)

- cheese tortellini (9 oz package)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (1 ½ lbs)

Pantry

- olive oil (1/2 cup)
- avocado oil (2 tbsp)**
- sesame oil (sm bottle)*
- rice vinegar (sm bottle)*
- soy sauce (sm bottle)**
- sriracha (sm bottle)*
- Dijon mustard (sm bottle)**
- long grain white rice (1 lb bag)**
- marinara sauce (24 oz jar)
- tomato paste (4 oz tube)
- diced tomatoes (28 oz can)
- crushed tomatoes (28 oz can)
- white albacore tuna in water (2 - 5 oz cans)
- panko breadcrumbs (sm can)*
- apricot jam (sm jar)*
- honey (sm bottle)**
- roasted unsalted cashews (8 oz bag)
- cornstarch (1/4 cup)**
- all-purpose flour (2 cups)**
- granulated sugar (1/2 cup)**
- baking powder*
- baking soda*
- vanilla extract*

Bakery

- multigrain bread
(1 loaf - 8 slices)
- thick Greek-style pita
(4 pita breads)

Spices

- garlic powder
- Italian seasoning
- cinnamon
- crushed red pepper

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand