



Optional sides and protein options not included

Produce

- yellow onion (1)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- carrots (2 large)
- celery (1 heart)
- romaine lettuce (1 head)
- butter lettuce (1 head)
- red bell peppers (2)
- Roma tomatoes (3)
- Persian cucumbers (2)
- avocados (2)
- lemon (1)

Fresh Herbs *optional*

- green onions (1 bunch)
- cilantro (1 bunch)
- parsley (1 bunch)
- thyme or rosemary (1 clamshell)

Refrigerated

Dairy

- shredded cheese (8 oz bag)
- milk (up to ½ gallon)
- unsalted butter (1 stick)
- eggs (dozen)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breasts (1 ½ lbs)
- boneless skinless chicken thighs (1 lb)
- New York strip steak (1 ½ lbs)
- small or medium shrimp (1 lb)

Pantry

- olive oil (1 cup)
- toasted sesame oil (1 tsp)
- green lentils (1 lb bag)
- vegetable broth (2 quarts)
- diced tomatoes (2 - 15 oz cans)
- soy sauce (sm bottle)**
- sriracha (sm bottle)**
- pickled banana pepper rings (sm jar)*
- creamy peanut butter (sm jar)**
- whole grain mustard (sm bottle)*
- Dijon mustard (sm bottle)**
- tahini sauce (sm jar)*
- honey (sm bottle)**
- vanilla protein powder (1 lb tub)*
- oat flour (1 lb bag)*
- blanched almond flour (1 lb bag)*

Protein Balls Flavors:

- sprinkles + vanilla extract
- chocolate chips + vanilla extract
- raisins + cinnamon
- shredded coconut + lemon zest

Bakery

n/a

Spices

- garlic powder
- paprika
- cumin
- coriander
- cinnamon
- cardamom
- crushed red pepper

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand