

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onions (2)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- acorn squash (2 medium)
- Yukon gold potatoes (1 lb)
- baby yellow potatoes (1 lb)
- orange bell pepper (1)
- zucchini (1 small)
- baby bella mushrooms (16 oz)
- carrots (3)
- celery (1 heart)
- green beans (1/2 lb)
- grape tomatoes (1 pint)
- baby spinach (5 oz bag)
- lemons (2)

## Fresh Herbs *optional*

- basil (1 bunch)
  - parsley (1 bunch)
  - thyme (1 bunch)
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## Refrigerated

### Dairy

- crumbled feta cheese (5 oz tub)
- Parmesan cheese (4 oz tub)
- eggs (up to dozen)
- milk (up to 1/2 gallon)
- unsalted butter (2 sticks)

### Frozen

n/a

### Meat/Seafood

- salmon fillets (1 1/2 lbs)
- raw shrimp (1 lb)

## Pantry

- olive oil (1 cup)
- spaghetti (1 lb)
- potato gnocchi (1 lb)
- vegetable broth (1 quart)
- chickpeas (15 oz can)
- pumpkin puree (15 oz can)
- fire roasted diced tomatoes (15 oz can)
- tomato paste (4 oz tube)
- sun-dried tomatoes (sm jar)\*
- Kalamata olives (sm jar)\*
- old-fashioned oats (18 oz container)
- chopped walnuts (4 oz bag)\*
- slivered almonds (4 oz bag)\*
- light brown sugar (1/2 cup)\*\*
- granulated sugar (1/4 cup)\*\*
- all-purpose flour (1 1/4 cups)\*\*
- baking powder\*\*
- baking soda\*\*
- vanilla extract\*\*

## Bakery

n/a

## Spices

- oregano
- dried thyme
- cumin
- pumpkin spice
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand