

GROCERY LIST



Optional sides and protein options not included

Produce

- yellow onions (2)
- garlic bulbs (2)
- ginger root (1" knob)
- carrots (3)
- potatoes (1 lb)
- celery (1 heart)
- bell peppers (6)
- spaghetti squash (2 large)
- cherry tomatoes (1 pint)

Fresh Herbs *optional*

- basil (1 bunch)
 - parsley (1 bunch)
-
-
-
-
-
-
-

Refrigerated

Dairy

- feta cheese (16 oz block)
- shredded mozzarella cheese (6 oz bag)
- grated Parmesan cheese (5 oz tub)
- Greek yogurt (8 oz tub)
- unsalted butter (2 sticks)
- milk (up to ½ gallon)
- eggs (up to dozen)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken breast (1 ½ lbs)
- boneless skinless chicken thighs (1 ½ lbs)
- ground beef (1 lb)

Pantry

- cooking spray*
- olive oil (1 cup)
- chicken broth (1 quart)
- vegetable broth (1 quart)
- white rice (8 oz bag)
- tomato sauce (15 oz can)
- fire roasted diced tomatoes (15 oz can)
- tomato paste (4 oz tube)
- pumpkin puree (15 oz can)
- kidney beans (15 oz can)
- black beans (15 oz can)
- panko breadcrumbs (8 oz box)
- Dijon mustard (sm bottle)
- honey (sm bottle)
- maple syrup (sm bottle)
- pecans (4 oz bag)
- all-purpose flour (1 ¼ cups)
- Rice Krispie cereal (12 oz box)
- large marshmallows (10 oz bag)
- chocolate candy melts (sm bag)
- candy eyeballs (sm bag)
- baking powder
- vanilla extract

Bakery

n/a

Spices

- rosemary
- thyme
- ground sage
- garlic powder
- paprika
- Italian seasoning
- chili seasoning
- pumpkin spice blend

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand