



Optional sides and protein options not included

Produce

- onions (2)
- garlic bulb (1)
- jalapeno (1)
- butternut squash (1 large)
- asparagus (1/2 lb)
- avocado (2)
- apples (2 ½ lbs)
- lemons (2)

Fresh Herbs *optional*

- basil (2 bunches)
- rosemary (1 bunch)
- oregano (1 bunch)
- parsley (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- ricotta cheese (15 oz tub)
- sour cream (8 oz tub)
- shredded mozzarella cheese (16 oz bag)
- shredded Monterrey Jack cheese (8 oz bag)
- salted butter (1 stick)
- unsalted butter (1 stick)
- eggs (up to dozen)
- milk (up to ½ gallon)
- almond milk (1 quart)

Frozen

- corn (16 oz bag)

Meat/Seafood

- bone-in skin-on chicken thighs (1 ½ lbs)
- boneless skinless chicken thighs (1 ½ lbs)
- ground beef (1 lb)
- salmon fillets (1 ½ lbs)

Pantry

- olive oil (1/2 cup)
- lasagna sheets (1 lb)
- penne pasta (1 lb)
- white beans (3 - 15 oz cans)
- diced green chiles (2 - 4 oz cans)
- marinara sauce (25 oz jar)
- unsweetened applesauce (sm jar)*
- rolled oats (sm tub)**
- maple syrup (sm bottle)**
- dark brown sugar (1/2 cup)**
- chopped pecans (4 oz bag)*
- baking powder**

Bakery

n/a

Spices

- dried sage
- dried thyme
- Mexican oregano
- chili powder
- cumin
- paprika
- chili powder
- Italian seasoning
- ground ginger
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand