



Optional sides and protein options not included

## Produce

- yellow onions (2)
- red onion (1)
- garlic bulb (1)
- baby bella mushrooms (24 oz)
- white mushrooms (16 oz)
- carrots (2)
- celery (1 heart)
- Persian cucumbers (2)
- lemons (2)
- pitted dates (sm container)

## Fresh Herbs *optional*

- parsley (1 bunch)
  - dill (1 bunch)
  - mint (1 bunch)
  - thyme (1 bunch)
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## Refrigerated

### Dairy

- Greek yogurt (32 oz tub)
- crumbled feta cheese (5 oz tub)
- unsalted butter (1 stick)
- eggs (dozen)

### Frozen

n/a

## Meat/Seafood

- boneless skinless chicken breast (2 ½ lbs)
- chuck beef (1 ¼ lbs)
- skinless salmon fillets (1 ½ lbs)

## Pantry

- olive oil (1 cup)
- avocado oil (2 tbsp)
- white vinegar (sm bottle)\*\*
- apple cider vinegar (sm bottle)\*\*
- chicken broth (1 quart)
- beef broth (1 quart)
- egg noogles (1 lb) *for serving*
- quinoa (sm bag)
- wild rice mix (sm bag)
- white rice (sm bag) *for serving*
- chickpeas (15 oz can)
- white beans (15 oz can)
- harissa (sm jar)\*
- Dijon mustard (sm bottle)\*\*
- honey (sm bottle)\*\*
- creamy peanut butter (sm jar)\*\*
- rolled oats (sm container)\*\*
- vegan protein powder (sm tub)\*
- ground flaxseed (sm bag)\*
- mini chocolate chips (sm bag)\*
- dried cranberries (sm bag)\*
- shelled pistachios (sm bag)\*
- all-purpose flour (1 ½ cups)\*\*
- vanilla extract

## Bakery

- crusty bread (1 loaf)  
*for serving*

## Spices

- dried basil
- garlic powder
- paprika
- Aleppo pepper

### Ingredient notes

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

\*\* You may have this staple on hand