



Optional sides and protein options not included

## Produce

- yellow onions (3)
- red onion (1)
- garlic bulb (1)
- ginger root (1" knob)
- sweet potatoes (3)
- jalapeno (1 small)
- green bell peppers (2)
- red bell peppers (2)
- yellow squash (1)
- butternut squash (1)
- Brussel sprouts (1 pound)
- baby Bella mushrooms (24 oz)
- kale (1 bunch)
- lemons (2)
- orange (1)
- apples (2)
- fresh cranberries (sm bag)
- dates (8 oz container)

## Refrigerated

### Dairy

- ricotta cheese (15 oz tub)
- shredded mozzarella cheese (8 oz bag)
- grated Parmesan cheese (5 oz tub)
- crumbled feta cheese (5 oz tub)
- Greek yogurt (5 oz cup)
- unsalted butter (2 sticks)
- milk (up to ½ gallon)
- eggs (up to dozen)

### Frozen

- spinach (2 - 10 oz boxes)

### Meat/Seafood

n/a

### Fresh Herbs *optional*

- parsley (1 bunch)
- cilantro (1 bunch)

## Pantry

- olive oil (1 cup)
- vegetable broth (1 quart)
- lasagna sheets (1 lb)
- quinoa (sm bag)\*\*
- black beans (2 - 15 oz cans)
- coconut milk (15 oz can)
- crushed tomatoes (2 - 28 oz cans)
- marinara sauce (24 oz jar)
- tahini paste (sm jar)\*
- tahini sauce (sm jar)\*
- maple syrup (sm bottle)\*\*
- granulated sugar (3/4 cup)\*\*
- light brown sugar (3/4 cup)\*\*
- candied pecans (4 oz bag)
- chopped pecans (16 oz bag)
- all-purpose flour (2 ½ cups)\*\*
- rolled oats (18 oz tub)\*\*
- baking powder
- baking soda
- vanilla extract

## Bakery

n/a

## Spices

- chili powder
- ground cumin
- curry powder
- Italian seasoning
- garlic powder
- dried oregano
- cinnamon

### Ingredient notes

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

\*\* You may have this staple on hand