



Optional sides and protein options not included

## Produce

- onions (3)
- garlic bulb (2)
- carrots (2 lb bag)
- celery (1 heart)
- white button mushrooms (8 oz)
- baby Bella mushrooms (8 oz)
- veggie filling for quiche  
*(mushrooms, bell peppers, squash)*

## Fresh Herbs *optional*

- sage (1 bunch)
- thyme (1 bunch)
- rosemary (1 bunch)
- parsley (1 bunch)
- basil (1 bunch)

## Refrigerated

### Dairy

- Greek yogurt (5 oz cup)
- ricotta cheese (16 oz tub)
- grated Parmesan cheese (8 oz tub)
- shredded mozzarella cheese (16 oz bag)
- shredded cheese (6 oz bag) *for quiche*
- heavy cream (1 pint)
- milk (up to ½ gallon)
- eggs (dozen)
- unsalted butter (2 sticks)

### Frozen

- peas and carrots (10 oz bag)

## Meat/Seafood

- boneless skinless chicken breast (3 lbs)
- ground beef (1 lb)
- cooked turkey meat (1 lb or 3 cups)

## Pantry

- olive oil (1/2 cup)
- turkey or chicken broth (2 quarts)
- vegetable broth (2 quarts)
- egg noodles (12 oz bag)
- lasagna noodles (1 lb)
- basmati rice (1 lb bag)\*\*
- pearl barley (1 lb bag)\*
- soy sauce (sm bottle)\*\*
- marinara sauce (25 oz jar)
- sun-dried tomatoes (4 oz jar)
- tomato paste (4 oz tube)
- powdered sugar (2/3 cup)
- all-purpose flour (1 cup)\*\*
- chopped pecans (4 oz bag)
- vanilla extract

## Bakery

- 9" pre-made pie shell

## Spices

- Italian seasoning
- crushed red pepper
- dried thyme
- paprika

### Ingredient notes

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

\*\* You may have this staple on hand