



Optional sides and protein options not included

Produce

- yellow onions (2)
- red onion (1)
- garlic bulb (1)
- ginger root (2" knob)
- broccoli (1 head)
- romaine lettuce (1 heart)
- tomato (1)
- avocado (1)
- lemons (2)
- lime (1)
- orange (1)

Fresh Herbs *optional*

- scallions (1 bunch)
 - cilantro (1 bunch)
 - parsley (1 bunch)
 - basil or mint (1 bunch)
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Refrigerated

Dairy

- feta cheese (8 oz block)
- cream cheese (8 oz block)
- unsalted butter (3 sticks)
- eggs (1 dozen)

tzatziki sauce (16 oz tub) *for serving*

Frozen

n/a

Meat/Seafood

- medium shrimp (1 lb)
- boneless skinless chicken breast (1 ½ lbs)
- skinless salmon fillets (1 ½ lbs)
- flank or skirt steak (1 ½ lbs)

Pantry

- olive oil (1 cup)
- avocado oil (1 tbsp)
- toasted sesame oil (sm bottle)**
- rice vinegar (sm bottle)**
- red wine vinegar (sm bottle)**
- vegetable broth (1 quart)
- brown rice (sm bag)** *for serving*
- white rice (sm bag) ** *for serving*
- green lentils (sm bag)
- red lentils (sm bag)
- tomato sauce (2 - 15 oz cans)
- diced tomatoes (10 oz can)
- kidney beans (15 oz can)
- creamy peanut butter (sm jar)
- soy sauce (sm bottle)**
- sriracha (sm bottle)**
- maple syrup (sm bottle)
- honey (sm bottle)
- light brown sugar (1 ½ cups)
- dark brown sugar (¼ cup)
- confectioners sugar (2 cups)
- all-purpose flour (2 cups)
- cornstarch (2 tablespoons)
- white chocolate chips (10 oz bag)*
- sweetened dried cranberries (6 oz bag)*
- baking soda
- vanilla extract

Bakery

- pocketless small pitas (4)
- pita pockets (4)

Spices

- oregano
- chili powder
- cumin powder
- garlic powder
- cinnamon
- ground ginger

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand