Shopping List

☐ chopped green onion	0.25 cup

Baking/Spices

☐ black pepper	1.50 tsp
☐ Black pepper and red pepper flakes to taste	
☐ crushed red pepper flakes	0.25 tsp
☐ cumin	1.50 tsp
☐ dried dill	0.50 tsp
☐ dried oregano	2 tsp
☐ dried thyme	0.50 tsp
☐ fresh chopped parsley	2 tbsp
☐ garlic powder	2 tsp
☐ Italian seasoning	1 tbsp
☐ kosher salt	4.50 tsp
☐ salt	2 tsp
☐ Sesame seeds	1 tsp

Canned Goods

☐ can black beans	1 (15 ounce)
☐ can diced green chilis	1 (4.5 ounce)
☐ Diced tomatoes	1 (15-ounce) can
☐ fire-roasted tomatoes	1 (15-ounce) can

Condiments

☐ buffalo sauce	0.50 cup

Dairy

☐ cottage cheese	1.50 cups
☐ Egg noodles	8 oz
☐ feta cheese	8 oz
☐ freshly shredded sharp cheddar cheese	1 cup
☐ grated parmesan cheese	0.25 cup
☐ large eggs	9
☐ milk	0.50 cup
☐ plain greek yogurt	0.25 cup
☐ plain greek yogurt or mayonnaise	0.50 cup
☐ shredded cheddar cheese	1.50 cups

Meat/Fish

☐ 4 ounce salmon filets	4
☐ boneless skinless chicken breast	1 lb
☐ Chicken thighs	2.50 lb
☐ cooked shredded chicken	1 lb
☐ ground chicken	1.50 lb
☐ mild or spicy Italian sausage	1 lb

Optional Toppings

- [ ] Parmesan cheese, fresh parsley, or crusty bread for serving
- [ ] Sliced green onion, sour cream, ranch, or blue cheese crumbles for serving
- [ ] Toppings: cilantro, sour cream, diced jalapenos, diced avocado, chopped tomatoes
- [ ] Toppings: Crumbled feta cheese, kalamata olives or parsley

Pantry

- [ ] avocado or olive oil — 2 tbsp
- [ ] bay leaves — 4
- [ ] beef broth or chicken broth — 4 cups
- [ ] breadcrumbs, gluten-free if needed — 0.50 cup
- [ ] coconut aminos — 2 tbsp
- [ ] dry uncooked green or brown lentils — 2 cups
- [ ] olive oil — 10 tbsp
  2 tsp
- [ ] ranch dressing — 0.25 cup
- [ ] raw honey — 1 tbsp
- [ ] red enchilada sauce — 3 cups
- [ ] reduced sodium chicken broth — 8 cups
- [ ] rice vinegar — 2 tsp
- [ ] tahini — 2 tbsp
- [ ] whole wheat, grain-free, gluten-free, or corn tortillas — 12

Produce

- [ ] asparagus — 1 lb
- [ ] bell peppers — 4
- [ ] carrots — 2 cups
- [ ] celery — 2 ribs
  2 cups
- [ ] Chopped chives for serving
- [ ] cup fresh baby spinach — 4
- [ ] finely chopped parsley — 0.25 cup
- [ ] Fresh chopped basil — 2 tbsp
- [ ] fresh grated ginger — 1 tsp
- [ ] garlic — 7 cloves
  1 clove
- [ ] garlic cloves — 3
- [ ] lemon juice — 1 tbsp
- [ ] lemon zest — 1 tsp
- [ ] minced garlic. — 4 cloves
- [ ] onion powder — 1 tsp
- [ ] red bell pepper — 1
- [ ] ribs celery — 3
- [ ] small shallot — 1
- [ ] small yellow onion — 2
- [ ] spinach — 2 cups

☐ thyme	1 tbsp
☐ yellow onion	2