

FRAICHE AND SIMPLE

SHOPPING LISTS

EIGHT WEEKS

SPRING & SUMMER · FALL & WINTER

PANTRY STAPLES

These are items we recommend always having stocked in your pantry,
and therefore are not included in your weekly grocery list.

DRY INGREDIENTS:

- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ Brown sugar
- ☐ Chia seeds
- ☐ Cocoa powder
- ☐ Cornstarch
- ☐ Hemp hearts
- ☐ Sesame seeds
- ☐ Sugar

SAUCES & CONDIMENTS:

- ☐ Apple cider vinegar
- ☐ Avocado oil
- ☐ Canola oil
- ☐ Coconut oil
- ☐ Dijon mustard
- ☐ Honey
- ☐ Maple syrup
- ☐ Mayonnaise
- ☐ Olive oil
- ☐ Red wine vinegar
- ☐ Sesame oil
- ☐ Soy sauce
- ☐ Sriracha
- ☐ Unseasoned rice vinegar
- ☐ Vanilla
- ☐ White wine vinegar
- ☐ Worcestershire

SPICES:

- ☐ Cajun seasoning
- ☐ Chili powder
- ☐ Chipotle chili powder
- ☐ Cinnamon
- ☐ Curry powder
- ☐ Dried chives
- ☐ Dried oregano
- ☐ Dried parsley
- ☐ Everything bagel seasoning
- ☐ Garam masala
- ☐ Garlic powder
- ☐ Gingerbread spice
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Ground turmeric
- ☐ Italian seasoning
- ☐ Onion powder
- ☐ Pumpkin pie spice
- ☐ Red chili flakes
- ☐ Smoked paprika
- ☐ Sweet paprika
- ☐ Taco seasoning

WEEK 1 GROCERY LIST

SPRING & SUMMER

PRODUCE:

- ☐ 1 cup carrots
- ☐ 4 cups cauliflower florets
- ☐ 1 cup celery
- ☐ 2 cups cherry tomatoes
- ☐ 1/4 cup cilantro
- ☐ 1 cup cremini mushrooms
- ☐ 2 cucumbers
- ☐ 2 tbsp fresh basil
- ☐ 1/2 cup fresh chives
- ☐ 1/4 cup fresh dill
- ☐ 1 1/2 cups + 2 tbsp fresh parsley
- ☐ 3 heads garlic
- ☐ 4 garlic cloves
- ☐ 2 green onions
- ☐ 2 heads iceberg or butter lettuce
- ☐ 1 bunch kale
- ☐ 4 lemons
- ☐ 1 cup raspberries
- ☐ 1 red onion
- ☐ 2 lbs russet potatoes
- ☐ 4 cups spinach
- ☐ 6 sweet bell peppers
- ☐ 2 sweet onions
- ☐ 3 yellow onions

FRIDGE:

- ☐ 3 cups 2% milk
- ☐ 1 lb bacon
- ☐ 1 3/4 cups butter
- ☐ 1 1/2 cups cheddar cheese
- ☐ 2 - 250 g packages cream cheese
- ☐ 13 eggs
- ☐ 3 cups feta cheese
- ☐ 4 lbs flank steak
- ☐ 3 lbs ground chicken
- ☐ 1 1/4 cups heavy cream

FRIDGE (CONT.):

- ☐ 1/2 cup hummus
- ☐ 2 Italian sausages
- ☐ 1/4 cup kalamata olives
- ☐ 1/2 cup Parmesan (optional)
- ☐ 1/2 cup sour cream
- ☐ 1/4 cup sun-dried tomatoes
- ☐ 1/2 cup tzatziki
- ☐ 1 cup vanilla Greek yogurt
- ☐ Whipped cream (as needed)

FREEZER:

- ☐ 1/2 cup frozen corn kernels
- ☐ 10 cups frozen sliced peaches (2 - 600 g packages)
- ☐ 1 lb shrimp, peeled and deveined
- ☐ 16 spring roll wrappers
- ☐ 2 white fish fillets (10 oz/280 g each)

PANTRY:

- ☐ 1/2 cup almond butter
- ☐ 9 1/2 cups chicken stock
- ☐ 1 - 540 mL can chickpeas
- ☐ 1 1/2 cups chocolate cookie crumbs
- ☐ 1 French loaf
- ☐ 2 cups jasmine rice
- ☐ 20 medium flour tortillas
- ☐ 5 1/2 cups old-fashioned rolled oats
- ☐ 1 1/2 cups orzo
- ☐ 2 tbsp oyster sauce
- ☐ 2 cups panko
- ☐ 1 1/2 cups pecans
- ☐ 2 pitas
- ☐ 1 cup semisweet chocolate chips
- ☐ 1 cup sweet chili sauce
- ☐ 2 - 227 mL cans water chestnuts

WEEK 2 GROCERY LIST

SPRING & SUMMER

PRODUCE:

- ☐ 1 avocado
- ☐ 3 lbs baby potatoes
- ☐ 3 cups carrots
- ☐ 1 cup cherry tomatoes
- ☐ 1 1/2 cups cilantro
- ☐ 1/2 cup cucumber
- ☐ 1/4 cup flat-leaf parsley
- ☐ 3/4 cup fresh dill
- ☐ 4 tsp fresh ginger
- ☐ 4 cups fresh or frozen sweet cherries
- ☐ 30 garlic cloves
- ☐ 1/2 cup green onion
- ☐ 2 jalapeño peppers
- ☐ 1 kale bunch
- ☐ 8 lemons
- ☐ 4 limes
- ☐ 2 mangoes
- ☐ 1 orange
- ☐ 3 cups red cabbage
- ☐ 1 red onion
- ☐ 2 romaine lettuce hearts
- ☐ 12 cups spinach
- ☐ 3 sweet bell peppers
- ☐ 4 sweet corn ears
- ☐ 3 yellow onions
- ☐ Fresh berries (as needed)

FRIDGE:

- ☐ 2 tsp anchovy paste
- ☐ 1 lb bacon
- ☐ 1 1/4 cups butter
- ☐ 2 cups buttermilk
- ☐ 3 tbsp capers
- ☐ 1 1/2 cups cheddar cheese
- ☐ 2 chicken breasts
- ☐ 8 chicken thighs
- ☐ 200 g cold-smoked salmon

FRIDGE (CONT.):

- ☐ 2 - 250 g packages cream cheese
- ☐ 15 eggs
- ☐ 4 - 350 g packages extra-firm tofu
- ☐ 1 1/2 cups extra-old white cheddar cheese
- ☐ 500 g farmer's sausage
- ☐ 1/2 cup feta cheese
- ☐ 2 lbs ground chicken
- ☐ 1/2 cup heavy cream
- ☐ 1 cup + 1 tbsp milk
- ☐ 2 cups Parmesan
- ☐ 1 cup plain Greek yogurt
- ☐ 1/2 cup ricotta cheese
- ☐ 1/2 cup sour cream

FREEZER:

- ☐ 1 cup edamame
- ☐ 2 lbs fresh or frozen shrimp
- ☐ 3 cups frozen corn
- ☐ 1 - 400 g package frozen puff pastry
- ☐ 8 hashbrown patties
- ☐ 4 salmon fillets (6 oz/170 g each)

PANTRY:

- ☐ 4 bagels
- ☐ 300 g bowtie pasta
- ☐ 10 cups chicken stock
- ☐ 1/4 cup dill pickles
- ☐ 1 French loaf
- ☐ 1/2 cup icing sugar
- ☐ 16 medium flour tortillas
- ☐ 4 cups medium shell pasta
- ☐ 2 tsp Old Bay seasoning
- ☐ 1 1/2 cups panko
- ☐ 2 cups quinoa
- ☐ 1/2 cup salted peanuts
- ☐ 2/3 cup smooth peanut butter

WEEK 3 GROCERY LIST

SPRING & SUMMER

PRODUCE:

- ☐ 3 cups arugula
- ☐ 2 avocados
- ☐ 1 lb baby potatoes
- ☐ 4 cups broccoli
- ☐ 2 cups carrots
- ☐ 2 1/2 cups celery
- ☐ 1 cup cucumber
- ☐ 1/2 cup fresh basil
- ☐ 1 tbsp fresh chives
- ☐ 3 tbsp fresh dill
- ☐ 3/4 cup + 2 tbsp fresh parsley
- ☐ 15 garlic cloves
- ☐ 1 green onion
- ☐ 1/2 head iceberg lettuce
- ☐ 4 lemons
- ☐ 4 mangoes
- ☐ 2 oranges
- ☐ 1/4 cup red onion
- ☐ 4 cups shredded purple cabbage
- ☐ 3 3/4 cups spinach
- ☐ 1 cup strawberries
- ☐ 1/2 cup sweet bell pepper
- ☐ 1 yellow onion
- ☐ 1 cup zucchini
- ☐ Fresh berries (as needed)
- ☐ Mint (as needed)

FRIDGE:

- ☐ 1/2 cup 2% cottage cheese
- ☐ 1/2 cup 18% cream
- ☐ 1 cup 2% milk
- ☐ 1 1/4 cups + 2 tbsp butter
- ☐ 1 tbsp capers

FRIDGE (CONT.):

- ☐ 1 cup cheddar cheese
- ☐ 4 chicken breasts
- ☐ 2 1/2 - 250 g packages cream cheese
- ☐ 27 eggs
- ☐ 1/4 cup feta cheese
- ☐ 1/4 cup goat cheese
- ☐ 2 lbs ground chicken
- ☐ 2 tbsp heavy cream
- ☐ 1 cup Parmesan
- ☐ 2 1/4 cups plain Greek yogurt (2%+)
- ☐ 2/3 cup ricotta cheese

FREEZER:

- ☐ 4 cups mango chunks
- ☐ 6 salmon fillets (6 oz/170 g each)
- ☐ 2 lbs shrimp, peeled and deveined

PANTRY:

- ☐ 1 tsp almond extract
- ☐ 4 bagels
- ☐ 1 1/2 cups canned full-fat coconut milk
- ☐ 13 cups chicken stock
- ☐ 2 everything bagels
- ☐ 2 French loaves
- ☐ 1 cup icing sugar
- ☐ 2 - 700 mL jars marinara sauce
- ☐ 8 medium flour tortillas
- ☐ 2 1/2 cups orzo
- ☐ 2 cups panko
- ☐ 2 cups rice
- ☐ 1 1/2 cups sliced almonds
- ☐ 1 cup sweetened shredded coconut
- ☐ Quick pickled red onions (as needed)

WEEK 4 GROCERY LIST

SPRING & SUMMER

PRODUCE:

- ☐ 1 avocado
- ☐ 2 lbs baby potatoes
- ☐ 2 cups bean sprouts
- ☐ 2 cups carrots
- ☐ 1 cup celery
- ☐ 2 cups cherry tomatoes
- ☐ 3/4 cup cilantro
- ☐ 13 cups coleslaw mix
- ☐ 2 cucumbers
- ☐ 3/4 cup fresh dill
- ☐ 2 tbsp fresh ginger
- ☐ 14 garlic cloves
- ☐ 10 green onions
- ☐ 1 head iceberg lettuce
- ☐ 1 lemongrass stalk (4-inch)
- ☐ 7 lemons
- ☐ 3 limes
- ☐ 4 makrut lime leaves
- ☐ 6 cups mixed fruit (kiwi, strawberries, grapes, melon)
- ☐ 4 tbsp parsley
- ☐ 2 tbsp red onion
- ☐ 4 ripe bananas
- ☐ 2 shallots
- ☐ 2 cups snow peas
- ☐ 2 cups strawberries
- ☐ 1/2 cup sweet bell peppers
- ☐ 1/4 cup Thai basil
- ☐ 2 tomatoes
- ☐ 1/2 white onions
- ☐ Mint (as needed)

FRIDGE:

- ☐ 3/4 cup butter
- ☐ 2 cups cheddar cheese
- ☐ 8 chicken breasts
- ☐ 16 chicken thighs
- ☐ 1 cup coconut flavoured Greek yogurt
- ☐ 1 - 250 g package cream cheese
- ☐ 20 eggs

FRIDGE (CONT.):

- ☐ 1 - 250 g package extra-firm tofu
- ☐ 1/2 cup feta cheese
- ☐ 1/2 cup full-fat vanilla Greek yogurt
- ☐ 1 lb ground beef
- ☐ 1 lb ground chicken
- ☐ 1 cup jalapeño Jack cheese
- ☐ 1/2 cup plain Greek yogurt
- ☐ 1 cup tzatziki

FREEZER:

- ☐ 1 lb shrimp, peeled and deveined

PANTRY:

- ☐ 1/2 tsp almond extract
- ☐ 4 bagels
- ☐ 3/4 cup black beans
- ☐ 1 cup cashew butter
- ☐ 4 cups chicken or vegetable stock
- ☐ 1 - 400 mL can coconut milk
- ☐ 1 cup crushed pineapple
- ☐ 10 dill pickles
- ☐ 2 tsp fish sauce
- ☐ 4 tbsp Frank's hot sauce
- ☐ 2 tbsp green curry paste
- ☐ 1/2 cup icing sugar
- ☐ 24 medium flour tortillas
- ☐ 2 cups old-fashioned rolled oats
- ☐ 4 cups panko
- ☐ 1/4 cup pickled red onions
- ☐ 1/2 tsp poppy seeds
- ☐ 1 cup quinoa
- ☐ 1 cup rice
- ☐ 8 slider buns
- ☐ 2 tbsp sweet relish
- ☐ 1 1/2 cups sweetened shredded coconut
- ☐ 100 g thick rice noodles
- ☐ 4 cups tortilla chips
- ☐ 2 cans tuna (6 oz/170 g each)
- ☐ 2 tbsp yellow mustard
- ☐ Granola (as needed)

WEEK 1 GROCERY LIST

FALL & WINTER

PRODUCE:

- ☐ 2 avocados
- ☐ 2 cups Bartlett pears
- ☐ 2 lbs butternut squash (8 cups cubed)
- ☐ 5 carrots
- ☐ 2 cups celery
- ☐ 1 1/2 lbs cremini mushrooms
- ☐ 1 1/4 cups fresh basil
- ☐ 1 tsp fresh thyme leaves
- ☐ 4 fresh thyme sprigs
- ☐ 2 Gala apples
- ☐ 22 garlic cloves
- ☐ 1 green sweet pepper
- ☐ 1 head iceberg lettuce
- ☐ 1 lemon (optional)
- ☐ 2 red onions
- ☐ 4 ripe bananas
- ☐ 1 cup spinach
- ☐ 2 cups sweet peppers
- ☐ 4 tomatoes
- ☐ 4 yellow onions
- ☐ 1/2 cup zucchini
- ☐ Parsley (as needed)

FRIDGE:

- ☐ 1/2 cup 2% cottage cheese
- ☐ 4 boneless pork loin chops
- ☐ 1 cup breakfast sausage
- ☐ 1 cup + 3 tbsp butter
- ☐ 1 cup cheddar cheese (or Havarti cheese)
- ☐ 8 cheddar cheese slices
- ☐ 10 chicken breasts

FRIDGE (CONT.):

- ☐ 1/2 cup + 2 tbsp cream
- ☐ 1/3 cup cream cheese
- ☐ 16 eggs
- ☐ 1 lb ground beef
- ☐ 2 1/4 cups heavy cream
- ☐ 3 1/2 cups mozzarella cheese
- ☐ 1/2 cup Parmesan
- ☐ Sour cream (as needed)

FREEZER:

- ☐ 1 cup frozen corn kernels

PANTRY:

- ☐ 12 1/2 cups chicken stock
- ☐ 4 ciabatta buns
- ☐ 1 - 400 mL can coconut milk
- ☐ 1 - 113 g can diced green chilies
- ☐ 8 English muffins
- ☐ 1 cup fancy molasses
- ☐ 1/4 cup Frank's hot sauce
- ☐ 1 French loaf
- ☐ 1/2 cup jam
- ☐ 2 cups marinara sauce
- ☐ 4 - 540 mL cans navy beans
- ☐ 2 cups old-fashioned rolled oats
- ☐ 2 pizza crusts or flatbreads
- ☐ 2 - 398 mL cans pizza sauce
- ☐ 1/2 cup salted roasted peanuts
- ☐ 4 tbsp tomato paste
- ☐ 1 - 540 mL can white beans
- ☐ Corn chips (as needed)

WEEK 2 GROCERY LIST

FALL & WINTER

PRODUCE:

- ☐ 1 avocado
- ☐ 2 cups baby bok choy
- ☐ 2 cups broccoli
- ☐ 2 cups carrots
- ☐ 3 cups cherry tomatoes
- ☐ 2 cups cremini mushrooms
- ☐ 2 cucumbers
- ☐ 3/4 cup fresh basil
- ☐ 1 cup fresh cilantro
- ☐ 1/2 cup fresh dill
- ☐ 4 tbsp fresh ginger
- ☐ 1/2 cup fresh parsley
- ☐ 29 garlic cloves
- ☐ 10 Granny Smith or Gala apples
- ☐ 1/2 cup green onions
- ☐ 5 cups kale
- ☐ 4 lemons
- ☐ 2 cups lettuce
- ☐ 2 limes
- ☐ 1/3 cup red onion
- ☐ 1 romaine lettuce heart
- ☐ 1 cup snow peas
- ☐ 8 cups spinach
- ☐ 1 sweet pepper
- ☐ 2 cups tomato
- ☐ 3 yellow onions
- ☐ 1 cup zucchini
- ☐ Fresh berries (as needed)
- ☐ Jalapeño peppers (as needed)

FRIDGE:

- ☐ 16 boneless, skinless chicken thighs
- ☐ 1 1/2 cups + 2 tbsp butter
- ☐ 2 cups buttermilk
- ☐ 2 chorizo sausages
- ☐ 11 eggs
- ☐ 1/2 cup feta cheese
- ☐ 1 lb ground beef, chicken, or turkey

FRIDGE (CONT.):

- ☐ 2 cups Monterey Jack cheese
- ☐ 1 cup mozzarella cheese
- ☐ 1/4 cup Parmesan
- ☐ 6 cups plain Greek yogurt
- ☐ 1 lb pre-cooked fresh or frozen gyoza
- ☐ 1/2 cup ricotta cheese
- ☐ 4 cups shredded rotisserie chicken
- ☐ Guacamole (as needed)
- ☐ Sour cream (as needed)
- ☐ Whipped cream (as needed)

PANTRY:

- ☐ 1 - 540 mL can black beans
- ☐ 1 cup canned corn
- ☐ 9 1/2 cups chicken or vegetable stock
- ☐ 2 - 400 mL cans coconut milk
- ☐ 1 cup croutons
- ☐ 1 - 796 mL can diced tomatoes
- ☐ 2 cups enchilada sauce
- ☐ 2 tsp fish sauce
- ☐ 500 g gnocchi
- ☐ 4 - 540 mL cans lentils
- ☐ 10 medium flour tortillas
- ☐ 1 tbsp nutritional yeast
- ☐ 1 1/2 cups oat flour or whole wheat flour
- ☐ 8 pitas
- ☐ 3/4 cup raw almonds
- ☐ 3/4 cup raw pecans
- ☐ 1 cup raw pumpkin seeds
- ☐ 1/4 cup raw sunflower seeds
- ☐ 1/2 cup refried beans
- ☐ 1 cup rice
- ☐ 1/4 cup salsa
- ☐ 1 tbsp tamari
- ☐ 1/2 cup + 2 tbsp tomato paste
- ☐ 1 cup vegetable shortening
- ☐ Coarse sugar (as needed)
- ☐ Pickled red onions (as needed)

WEEK 3 GROCERY LIST

FALL & WINTER

PRODUCE:

- ☐ 2 cups apples
- ☐ 3 cups arugula
- ☐ 3 avocados
- ☐ 1 lb baby potatoes
- ☐ 1/2 cup carrots
- ☐ 4 cups cherry tomatoes
- ☐ 1 cup cucumber
- ☐ 1 tbsp fresh dill
- ☐ 2 tbsp fresh ginger
- ☐ 1 fresh pineapple
- ☐ 14 garlic cloves
- ☐ 2 tbsp green onions
- ☐ 2 green peppers
- ☐ 3 lemons
- ☐ 6 limes
- ☐ 1/2 cup mushrooms
- ☐ 2 1/4 cups red onion
- ☐ 9 cups spinach
- ☐ 4 sweet peppers
- ☐ 4 yellow onions
- ☐ 2 lbs Yukon gold potatoes
- ☐ 1/2 cup zucchini
- ☐ Cilantro (as needed)
- ☐ Fresh basil (as needed)
- ☐ Steamed vegetables of choice (as needed)

FRIDGE:

- ☐ 3/4 cup 18% cream
- ☐ 2 cups 2% milk
- ☐ 2 boneless, skinless chicken breasts
- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 1 1/4 cups butter
- ☐ 1 1/2 tsp caper brine
- ☐ 1 tbsp capers
- ☐ Cheddar cheese (or Monterey Jack cheese)
- ☐ 500 g cheese tortellini
- ☐ 2 - 250 g packages cream cheese
- ☐ 1 cup diced cooked sausage
- ☐ 11 eggs

FRIDGE (CONT.):

- ☐ 1/4 cup goat cheese
- ☐ 2 lbs ground beef, chicken, or turkey
- ☐ 1 cup + 2 tbsp heavy cream
- ☐ 1/4 cup Parmesan
- ☐ 1/4 cup pesto
- ☐ 2 1/2 cups plain Greek yogurt
- ☐ 1 - 300 g package soft tofu
- ☐ Sour cream (as needed)

FREEZER:

- ☐ 1 cup frozen corn
- ☐ 8 cups mixed frozen berries
- ☐ 6 salmon fillets (6 oz/170 g each)
- ☐ 2 lbs shrimp, peeled and deveined

PANTRY:

- ☐ 1 cup canned pumpkin purée
- ☐ 15 cups chicken stock
- ☐ 1 - 284 mL can condensed tomato soup
- ☐ 1 - 113 g can diced green chilies
- ☐ 1 - 796 mL can diced tomatoes
- ☐ 2 everything bagels
- ☐ 3 tbsp flaxseeds (optional)
- ☐ 1/4 cup Frank's hot sauce
- ☐ 2 cups graham cracker crumbs
- ☐ 8 medium flour tortillas
- ☐ 1 cup old-fashioned rolled oats
- ☐ 1/4 cup pine nuts
- ☐ 1/2 cup raisins
- ☐ 1 cup raw cashews
- ☐ 1/2 cup raw pecans
- ☐ 1 1/2 cups rice
- ☐ 10 soda crackers
- ☐ 2 cups steel-cut oats
- ☐ 2 - 156 mL cans tomato paste
- ☐ 1/2 cup unsweetened shredded coconut
- ☐ 1 - 540 mL can white beans
- ☐ 1/4 cup whole wheat flour
- ☐ Corn chips (as needed)

WEEK 4 GROCERY LIST

FALL & WINTER

PRODUCE:

- ☐ 1 cup Ambrosia apples
- ☐ 1 1/2 lbs butternut squash (6 cups cubed)
- ☐ 1/2 cup carrots
- ☐ 1 cup celery
- ☐ 1 cup cherry tomatoes
- ☐ 2 cups coleslaw
- ☐ 4 tbsp fresh basil
- ☐ 3/4 cup fresh cilantro
- ☐ 1/4 cup fresh sage leaves
- ☐ 8 garlic cloves
- ☐ 6 green onions
- ☐ 2 green sweet peppers
- ☐ 1 head iceberg lettuce
- ☐ 1/4 cup jalapeño peppers
- ☐ 1 lemon
- ☐ 3 limes
- ☐ 2 cups red cabbage
- ☐ 1 red onion
- ☐ 6 ripe bananas
- ☐ 1 romaine lettuce heart
- ☐ 2 russet potatoes
- ☐ 2 cups spinach
- ☐ 3 sweet peppers
- ☐ 3 yellow onions
- ☐ 1/2 cup zucchini

FRIDGE:

- ☐ 1/2 cup 18% cream or cashew cream
- ☐ 2 cups + 2 tbsp 2% milk
- ☐ 1 cup bacon
- ☐ 18 boneless, skinless chicken breasts
- ☐ 1/2 cup butter
- ☐ 1/2 cup Caesar dressing
- ☐ 1 1/2 cups cheddar cheese (or Monterey Jack cheese)
- ☐ 4 cheddar cheese slices
- ☐ 1/2 cup cottage cheese
- ☐ 1/4 cup cream cheese
- ☐ 26 eggs

FRIDGE (CONT.):

- ☐ 4 fresh mozzarella balls
- ☐ 1 lb ground beef, chicken, or turkey
- ☐ 1/2 cup guacamole
- ☐ 2 tbsp heavy cream
- ☐ 2 cups mozzarella cheese
- ☐ 2 1/4 cups Parmesan
- ☐ 1 cup plain Greek yogurt
- ☐ 475 g ricotta cheese
- ☐ 8 skinless cod fillets
- ☐ 500 g spinach and cheese ravioli
- ☐ Pico de gallo (as needed)
- ☐ Sour cream (as needed)

PANTRY:

- ☐ 2 1/2 cups chicken stock
- ☐ 2 dill pickles
- ☐ 1/2 cup dried cranberries or golden raisins
- ☐ 1/2 cup Dutch processed cocoa powder
- ☐ 4 hamburger buns
- ☐ 1 tbsp instant espresso powder
- ☐ 2 cups marinara sauce
- ☐ 12 medium flour tortillas
- ☐ 3/4 cup mini chocolate chips
- ☐ 4 cups old-fashioned rolled oats
- ☐ 6 1/2 cups panko
- ☐ 300 g pasta of choice
- ☐ 1/4 cup pine nuts
- ☐ 2 - 398 mL cans pineapple chunks
- ☐ 5 cups rice
- ☐ 1 cup roasted cashews (optional)
- ☐ 1/2 cup semisweet chocolate chips
- ☐ 1 cup smooth hazelnut butter
- ☐ 1/4 cup smooth natural almond butter
- ☐ 1/4 cup toasted almonds
- ☐ 1 cup toasted hazelnuts
- ☐ 3 tbsp tomato paste
- ☐ Hot sauce (as needed)