

Grocery List

PRODUCE

- 2 medium bananas (ripe)
 - 2 sprigs fresh rosemary
 - 3 sprigs fresh thyme
 - 2 lemons
 - 2 oranges
 - 1 medium red onion
 - 2 cups butter lettuce
 - 2 cups arugula
 - 3 vine-ripened tomatoes
 - 3 cloves garlic
 - 1 small bunch cilantro
 - 1 small bunch parsley
 - 3 cups romaine lettuce
 - 6 Roma tomatoes
 - 1 cucumber
 - 1 small bunch fresh mint
 - 1 pineapple (ripe)
-

MEAT/POULTRY/DAIRY

- 1 cup milk (1%)
- 12 large eggs
- 1 lb lean ground beef
- 2 tbsp feta cheese
- 1 small container tzatziki
- 1 cup unsalted butter

Grocery List

DRY GOODS

- 1 cup whole wheat flour
 - 5 ½ cups all-purpose flour
 - 1 cup rolled oats
 - 4 tsp baking powder
 - 2 tbsp sunflower seeds
 - 3 tbsp canola oil
 - ½ cup olive oil
 - 1 tbsp vanilla
 - 1 ¾ cups + 2 tsp granulated sugar
 - 1 pkg (8g) active dry yeast (traditional yeast)
 - 1 tbsp white wine vinegar
 - 2 tsp Dijon mustard
 - 1 can (170 g) chunk light tuna
 - 1 small jar green olives
 - 1 small jar pitted Kalamata olives
 - 6 (6 inch) whole wheat pita bread
 - 1 large loaf focaccia bread
(if not making homemade)
-

SPICES

- 2 ¼ tsp salt
 - ½ tsp pepper
 - 1 ½ tsp flaky salt
 - 1 tsp cinnamon
 - ¼ tsp chili flakes
 - 1 tsp cumin
 - ½ tsp ground coriander
 - ¼ tsp allspice
 - ¼ tsp ground ginger
-

OTHER

- 12 bamboo skewers (8 inch)