

Grocery List

PRODUCE

- 3 garlic cloves
 - 1½ cups grape tomatoes
 - 1 (28 g) basil pkg
 - 1 cup leeks (2 medium leeks)
 - 1 lemon
 - 1 orange
 - 1 red onion small
 - 2 green onions
 - 2 cups mixed greens
 - 2 medium carrots
 - 1 avocado
 - 2 plums
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MEAT/POULTRY/DAIRY

- ¾ cup bocconcini pearls (fresh mozzarella balls)
 - 3 slices thick-cut bacon
 - ¼ cup half and half cream
 - 1 cup milk (1%)
 - 2 large eggs
 - 2 tbsp goat cheese (or feta cheese)
 - 2 cups non-fat vanilla Greek yogurt
 - 1 block (250 g) cream cheese
 - 1 cup whipping cream
 - ⅓ cup plain Greek yogurt
 - 3 tbsp salted butter
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DRY GOODS

- 1 cup orzo pasta
- 3 tbsp balsamic vinegar
- 5 tbsp olive oil
- 5 tsp Dijon mustard
- 1 tsp maple syrup
- 2 cans (170 g) solid white tuna in water
- 4 tsp hot sauce (such as Sriracha)
- 4 whole wheat tortillas (8 inch)
- 2 cups whole wheat flour
- ¾ tsp baking powder
- ¾ tsp baking soda
- 1 tbsp + 1 tsp vanilla
- 1 tbsp white chia seeds
- 3 tbsp granulated sugar
- 2 tsp cornstarch
- 3 tbsp icing sugar
- ¾ cup graham cracker crumbs
- 2 tbsp brown sugar

Grocery List

SPICES

- 1 tsp salt
 - ½ tsp pepper
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FROZEN

- 12 frozen tart shells
 - 2 cups frozen raspberries
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OTHER

- Large muffin cup liners
- Mason jars + lids
(1 cup volume, tall smooth-sided jars)