Pantry Staples
- Salt
- Pepper
- Extra-virgin olive oil
- Ground allspice
- Cayenne pepper
- Curry powder
- Dried thyme
- Dried Italian seasoning
- Ground cumin
- Light brown sugar
- Vanilla extract
- Baking powder
- Mayonnaise (vegan or regular)

Grocery
- 1 (10-oz.) bag frozen riced cauliflower
- 1 (15-oz.) can no-salt-added black beans
- 1 (14-oz.) tube or 1 (16-oz.) can no-salt-added tomato paste
- 1 (18-oz.) bottle balsamic glaze
- 1 (24-oz.) bag communal whole-wheat panko breadcrumbs
- 1 (10-oz.) container old-fashioned rolled oats
- 1 (2.5-lb.) bag white whole-wheat flour
- 1 (20-oz.) container dry whole-wheat couscous (or 2 cups from bulk section)
- 1 (26.5-oz.) container dry whole-wheat spaghettini
- 4 whole-wheat hamburger buns
- 1 (14-oz.) bag chopped walnuts
- 1 (12-oz.) box unsweetened chocolate chips
- 1 (750-mL) bottle white wine

Produce
- 6 lemons
- 1 head garlic
- 1 medium shallot
- 2 small broccoli crowns
- 1 large banana
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 (0.75-oz.) container dill
- 1 pint cherry tomatoes
- 1 pound asparagus
- 1 pound apricots
- 1 bunch flat-leaf parsley
- 1 bunch scallions
- 1 bunch cilantro
- 1 (0.75-oz.) container basil
- 1 (4-oz.) bag chopped walnuts
- 1 (10-oz.) bag semisweet chocolate chips
- 1 (750-mL) bottle white wine

Dairy, Milk & Eggs
- 1 (5.3-oz.) container unsweetened plain yogurt (vegan or dairy)
- 2 (5.3-oz.) containers low-fat plain yogurt
- 1 (5-oz.) container reduced-fat milk
- 1 (5-oz.) container grated Parmesan cheese
- 1 (8-oz.) bag shredded sharp Cheddar cheese
- 1 stick butter
- 1 stick unsalted butter
- 1 large egg

Meat, Poultry & Seafood
- 2 pounds boneless, skinless chicken breast
- 1¼ pounds sustainable wild or farmed salmon
- 1½ pounds thin-cut bone-in pork chops
- 1 (0.75-oz.) container dry whole-wheat spaghettini
- 1 (12-oz.) box unsweetened chocolate chips
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