

## Produce

- 6 large bell peppers - Choose your color. We like some of each!
  - 3 large ripe tomatoes
  - 2-3 yellow onions - depending on your love of onions!!
  - 1 small red onion
  - 8 oz carrots, diced
  - 1/2 cup finely chopped plum tomato
  - 2 medium cucumbers
  - 7 cloves garlic, minced
  - 2 cups baby spinach
  - 1 package petite potatoes
  - 1/4 cup chopped fresh flat-leaf parsley, plus more for garnish
  - 2 Tbsp chopped fresh cilantro, plus more for garnish
  - 2 Lemons
  - 2 heads broccoli
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## Protein

- 1 ½ pounds flank steak
  - 4 lbs whole chicken
  - 3 cups shredded chicken
  - 4 6-oz bone-in, skin-on chicken thighs
  - 2 15-oz cans black beans
  - 2 15-oz cans chickpeas
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## Dairy

- 1 cup crumbled feta cheese
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## Pantry

- 1 1/3 cup extra virgin olive oil
- 1/3 cup soy sauce
- 1/3 cup honey

- 1/3 cup red wine vinegar
  - 1 1/2 tablespoons dried oregano
  - 2 tsp curry powder
  - 1 tsp ground cumin
  - Pepper
  - Salt
  - 5 ¼ cups chicken broth
  - 1 1/2 Tbsp finely chopped canned chipotle chiles
  - 2 Tbsp tahini
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### **Pasta, Rice, Grains**

- 1 cup rice
  - 1 cup gluten-free pasta
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### **Other**

- 6 black Greek olives, pitted and sliced
- Corn tortillas