

# INGREDIENT LIST

## Produce

- Yukon Gold Potatoes (6)
- Garlic (11 cloves or 1 bulb)
- Green Cabbage (1 head)
- Shallots (2)\*
- Jalapeno (3-4)\*
- Cilantro (1 small bunch)
- Chives (1 bunch)
- Dill (1 bunch)
- Basil (1 large bunch / around 30 g)
- Broccolini (1 bunch) OR Asparagus (1 bunch)
- Cherry Tomatoes (10 oz)

## Shelf-Stable Goods

- Pearl Couscous (16 oz / 454 g)
- Barbeque Sauce (18 oz / 510 g)

## Dairy & Eggs

- Greek Yogurt (1 x 5.3 oz container / 150 g)
- Buttermilk (1 x 16 fl oz carton / 473 mL)

## Nuts

- Unsalted, Raw Almonds (anything 170 g or less)

## Cheeses

- Gouda (8 oz / 226 g)
- Fresh Mozzarella Pearl Cheese (8 oz / 226 g)

## Suggested Proteins

- Boneless-Skinless Chicken Breasts (4)
- Salmon Filets (2)
- Shrimp (12-14)

\*only source if you're planning on making Pickled Jalapeños & Shallots

(all specified quantities are intended for 2 people)