



Easy, No-Heat Dinners



Asian Ramen Salad • The Fresh Cooky



Homemade Stovetop Mac and Cheese



Easy Layered Taco Salad Recipe (Ground Beef) • The Fresh Cooky



Best Easy Italian Chopped Salad Recipe • The Fresh Cooky



Spinach and Cheese Quiche • The Fresh Cooky



Homemade Soft Granola Recipe (Slow Cooker Recipe) • The Fresh..



Grocery List

Pantry

<input type="checkbox"/> Koyu Organic Ramen Noodles	1 package
<input type="checkbox"/> Slivered Almonds	1 cups
<input type="checkbox"/> Vegetable Oil	0.67 cups
<input type="checkbox"/> Rice Vinegar	0.5 cups
<input type="checkbox"/> Sugar	4 tablespoons
<input type="checkbox"/> Light Brown Sugar	2 tablespoons
<input type="checkbox"/> Roasted Cashews	2 tablespoons
<input type="checkbox"/> Elbow Macaroni	1 pounds
<input type="checkbox"/> Flour	0.25 cups
<input type="checkbox"/> Olive oil extra virgin	1 tbsp
<input type="checkbox"/> Black beans	15 ounces
<input type="checkbox"/> Tortilla chips	1 cups
<input type="checkbox"/> Dijon Mustard	1.5 tsp
<input type="checkbox"/> Red wine vinegar	0.25 cup
<input type="checkbox"/> Balsamic vinegar	1 tablespoon
<input type="checkbox"/> Lemon juice	2 tablespoons
<input type="checkbox"/> Dijon mustard	1 tablespoon
<input type="checkbox"/> Rolled Oats	5 cups
<input type="checkbox"/> Flax Seeds	2 tbsp
<input type="checkbox"/> Chia Seeds	1 tbsp
<input type="checkbox"/> Organic Hemp Hearts	0.25 cups
<input type="checkbox"/> Vanilla Extract	1 tsp
<input type="checkbox"/> Salt	1 tsp
<input type="checkbox"/> Honey	0.5 cups
<input type="checkbox"/> Shredded Coconut	0.5 cups
<input type="checkbox"/> Dried Fruit	0.25 cups
<input type="checkbox"/> Maple Syrup	0.25 cups

Produce

<input type="checkbox"/> Shredded Cabbage	2 bags
<input type="checkbox"/> Mandarin Oranges	11 ounces
<input type="checkbox"/> Green Onions	3 each
<input type="checkbox"/> Water Chestnuts	1 can
<input type="checkbox"/> Cilantro	5 sprigs
<input type="checkbox"/> Iceberg lettuce	1 heads
<input type="checkbox"/> Corn	1 cups
<input type="checkbox"/> Grape tomatoes	1 cups
<input type="checkbox"/> Black olives	0.5 cups
<input type="checkbox"/> Fresh cilantro	2 tbsp
<input type="checkbox"/> Romaine hearts	3 medium
<input type="checkbox"/> Baby spring greens	2.5 cups
<input type="checkbox"/> Roma tomatoes	2.5 medium
<input type="checkbox"/> Cucumber	1 small
<input type="checkbox"/> Red onion	0.5 medium
<input type="checkbox"/> Garbanzo beans	0.5 can
<input type="checkbox"/> Artichoke hearts	1 can
<input type="checkbox"/> Pepperoncini rings	0.5 cup
<input type="checkbox"/> Kalamata olives	0.33 cup
<input type="checkbox"/> Fresh basil	1 tablespoon
<input type="checkbox"/> Garlic	3 cloves
<input type="checkbox"/> Shallots	4 each

Spices & Seasonings

- Sesame Seeds 2 tablespoons
- Soy Sauce 2 teaspoons
- Toasted Sesame Oil 1 tablespoon
- Garlic Powder 1 tsp
- Onion Powder 1 tsp
- Dry Mustard 0.5 tsp
- Kosher Salt 2.625 tsp
- Black Pepper 1.125 tsp
- Chili powder 1 tsp
- Cumin 0.5 tsp
- Dried basil 1 teaspoon
- Dried oregano 1 teaspoon
- Ground Nutmeg 0.125 tsp
- Black Pepper 1.25 tsp
- Cinnamon 1 tsp

Meat & Seafood

- Favorite Protein 1 cup
- Ground beef 1 pounds
- Salami 6 ounces

Frozen Foods

- Frozen Spinach 1 package

Dairy & Eggs

- Unsalted Butter 4 tbsp
- Whole Milk 2 cups
- Heavy Cream 1 cups
- White Cheddar Cheese 1 cups
- Extra Sharp Cheddar Cheese 1 cups
- Gruyere Cheese 5 cups
- Cream Cheese 0.25 cups
- Sour Cream 1 cups
- Provolone 6 ounces
- Butter 1.5 cups
- Eggs 5 each
- Gruyere Cheese 4 oz

Bakery

- Pie Crust 1 each

Shop ingredients on 

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