

## **Dinner List**

1 red and 1 green pepper  
1 yellow onion  
12 oz. Italian smoked sausage  
1 head of cauliflower  
Parmesan cheese

1 ½ pounds of top sirloin  
3 peppers  
1 onion  
Lime  
Flour tortillas  
Fajita toppings: avocado, sour cream, salsa and cilantro

Cheese and potato pierogis

4 boneless skinless chicken breasts  
Mozzarella cheese  
3 Roma tomatoes  
1 lemon  
Fresh basil  
Spaghetti  
Romaine  
Caesar dressing

## **Pantry Staples**

Italian seasoning, garlic powder,  
Cumin, chili powder, cayenne pepper  
Fresh garlic

## **Cake**

Vanilla pudding  
Buttermilk  
Cream cheese  
Cool whip