

Dinner List

1 lb ground beef and ½ lb ground pork

Red onion

Parsley

Mint

1 ½ lbs top sirloin

3 bell peppers

White onion

Lime

Flour tortillas

1 pound ground chicken

Parmesan cheese

Caesar dressing

1 Lemon

Buns

1 sweet potato

1 pork tenderloin

2 Apples

Shallot

Parsley

1 Lemon

1 Fennel bulb

1 mango

Cilantro

Chili garlic sauce

2 limes

1 jalapeno

8-10 boneless skinless chicken thighs

Napa and purple cabbage

Red and yellow pepper

Cucumber and shitake mushrooms

2 cooked chicken breasts

Bunch of scallions

Wraps (flavour of choice)

Pantry Staples

Cumin, oregano, garlic, chili powder

Worcestershire sauce

Fresh garlic and ginger

Grainy and Dijon mustard

Eggs

Panko

Sesame oil

Soy sauce and rice vinegar

