

Dinner List

White bread

1 pound ground turkey

Parsley

2 celery stalks, 3 carrots, spinach

Orzo

Parmesan

4 chicken breasts

! yellow, green and red pepper

Pepper jack cheese

Cilantro, lime

Rice

1 pound ground beef

Parsley

Cucumber, tomatoes, red onion

Flatbread

Tzatziki: Greek yogurt, dill, lemon juice, cucumber

1 lb ground chicken

Parmesan cheese

Caesar salad dressing

Lemon

Buns

Alexia waffle fries

Pantry Staples

Cumin, chili, paprika, salt and pepper

Eggs

Chicken stock

Fresh garlic

Panko

Olive oil

Worcestershire sauce