

Dinner List

Fresh egg noodles
Ground pork
Hoisin sauce, sesame oil and oyster sauce
Cilantro and red chilies

Radishes
2-pound salmon filet
Dijon mustard
Jasmine rice
Green onions and avocado

2 boneless skinless chicken breasts
Asparagus, peas, cherry tomatoes, blackberries, avocado, spring greens and romaine
Sliced almonds

Shallot
Red bell pepper
Birds eye chili
Parsley or cilantro
Lemon
1 3-pound chicken

1 1/1 lb. chicken tenders
Parmesan
Mozzarella
Marinara
Fresh basil

Pantry Staples

Garlic powder, paprika, oregano
Panko
Red wine vinegar
Chicken stock
Olive oil
Fresh garlic and ginger
Rice wine vinegar
Butter
Soy sauce
Eggs
Flour

