

## **Dinner List**

1 lb. ground beef (I will be using ground elk)  
1 pint cherry tomatoes  
Parsley  
Hummus (2 cans chickpeas, garlic, lemon juice, tahini, Olive oil)  
Pita  
Cucumber

3 small oranges  
1 hanger steak  
Broccolini  
Scallions

6 boneless skinless chicken thighs  
Roasted peanuts  
Lime  
Green onions

Shallots  
Shrimp  
Romaine  
Watermelon  
Goat cheese (I am going to use feta)

## **Pantry Staples**

Coriander, cinnamon, Chinese five-spice, crushed red pepper flakes, turmeric, curry powder and seasoned salt  
Olive oil and canola oil  
Fresh garlic and ginger  
Soy sauce  
Brown sugar  
Honey  
Sesame oil  
Sesame seeds  
Balsamic vinegar

