

Dinner List

2 large chicken breasts
1 crown of broccoli
Can of cream of chicken soup
Lemon
Mayonnaise
Cheddar cheese
Egg noodles

Onion and cremini mushrooms
Fresh thyme
Ground beef
Russet potatoes
Carrots

1 pound chicken breasts
Bok choy
Sesame seeds
Fresno chile
Orange juice

1 pound shrimp
3 peppers
1 onion
Avocado, cilantro
Tortillas

2 pork tenderloins
Cornstarch
Hoisin sauce
2 scallions
Orzo
Cucumbers, tomatoes, arugula and basil
Lemon

Pantry Staples

Cumin, chili powder, Chinese five-spice, crushed red pepper flakes, curry powder, onion powder, garlic powder and paprika
Olive oil and canola oil
Fresh garlic and ginger
Soy sauce
Brown sugar
Honey
Sesame oil
Worcestershire
Panko
Ketchup
Apple cider vinegar
Rice vinegar

