

## **Dinner List**

Ground turkey

Onion

Green beans

Carrots

Quick-cooking oats

Chicken broth

Coconut milk

Thai red curry paste

Boneless skinless chicken breasts

Cremini mushrooms

2 red peppers

4 squares ramen noodles

Lime

Baby spinach

Basil or cilantro

Peanuts

Pizza dough

Pasta sauce

Peppers, mushrooms

Pepperoni or ham

Arugula

Mozzarella cheese

1 lb. chicken breasts

1 red pepper

Onion

Pineapple

Snow peas

Brown rice

Bacon

Assortment of fruit

Maple syrup

## **Pantry Staples**

Marjoram, ginger and onion

Olive oil and canola oil

Fresh garlic and ginger

Soy sauce

Fish sauce

Honey

Peanut butter

Rice vinegar

Sesame oil

Sriracha

Butter

Eggs

Ketchup

Worcestershire

Flour and cornstarch

Sweet chili sauce

Chili sauce

