

## **Dinner List**

Red pepper  
Broccoli  
Carrots  
Boneless skinless chicken breasts  
Spaghetti

Brown rice  
Carrots  
Cabbage  
Limes  
Greek yogurt  
Shrimp  
Cilantro

Corn  
Chicken thighs  
Green chilies  
Green onions  
Cilantro  
Lime juice  
Sour cream and flatbreads

Broccoli  
Red peppers  
Portobello mushrooms  
Gouda  
Thick bread

## **Pantry Staples**

Garlic powder  
Olive oil, canola oil and peanut oil  
Fresh garlic and ginger  
Soy sauce  
Fish sauce  
Chicken stock  
Peanut butter  
Rice vinegar  
Sesame oil  
Butter

