

Dinner List

Red pepper
Onion
Mushrooms
Tomato paste
Ground turkey
Diced tomatoes
Buttermilk
Cheddar cheese

4 salmon filets
Navel oranges
Green olives
Parsley
Shallot
Rice
Asparagus

Boneless skinless chicken breasts
Maple syrup
Mini potatoes
Slivered almonds
Green beans

Ground beef
Green onions
Cilantro
Peanut butter
Lime
Head lettuce

Tomato soups
Bread
Cheese
Ham

Pantry Staples

Italian seasoning, red pepper flakes, chili powder
Olive oil, canola oil and peanut oil
Fresh garlic and ginger
Butter
Flour
Baking soda and powder
Soy sauce
Fish sauce
Brown sugar
Breadcrumbs

