

## **Dinner List**

Chicken breasts  
Romaine  
1 pear and 1 apple  
Bacon  
Dried cranberries  
Pecans  
Feta  
Mayonnaise  
Poppy seeds

Salmon  
Green onions  
Brown rice  
Green beans

Ground turkey  
Pesto  
Breadcrumbs  
Parmesan cheese  
Marinara sauce  
Spaghetti

Pillsbury pizza dough  
Pasta sauce  
Mozzarella  
Favourite pizza toppings

## **Pantry Staples**

Bay leaf, thyme, oregano and red pepper flakes  
Olive oil, canola oil  
Fresh garlic and ginger  
Butter  
Honey  
Cider vinegar  
Soy sauce  
Rice vinegar  
Sugar  
Milk

