

Dinner List

Ground chicken
Teriyaki sauce
Cilantro
Green onions
Fresh pineapple
Buns

2 lbs. skin on chicken thighs
1 lb. small potatoes
Lemons
Peppers
Plain yogurt, cucumber, fresh dill and lemon for tzatziki

Shrimp
1 red pepper
Green onions
Cilantro
14 oz. diced tomatoes
14 oz. coconut milk
Lime
Brown rice

1 bunch kale
Onion
Shiitake mushrooms
4 packs of dried ramen noodles

Pantry Staples

Red pepper flakes, basil, oregano, sesame seeds
Olive oil, canola oil
Fresh garlic and ginger
Soy sauce
Rice vinegar
Mirin
Worcestershire sauce
Eggs
Sriracha
Panko

