

## **Dinner List**

Pork tenderloin  
Shallots  
Thyme  
Green beans and frozen corn  
Brown rice

Cucumber  
Plain yogurt  
Ground chicken  
Mint  
Pita  
Greek salad ingredients  
Lemon

Shrimp  
Canned diced tomato  
Lemon and red onion  
Parsley  
Feta  
Kalamata olives  
Egg noodles

Chicken breasts  
Lemon  
Onion  
Chili pepper  
Cauliflower rice  
Cilantro

## **Pantry Staples**

Cayenne pepper, coriander, cumin, oregano, dill, garam masala,  
turmeric, chili powder  
Olive oil, canola oil  
Fresh garlic and ginger  
Maple syrup  
Balsamic vinegar  
Dijon mustard  
Honey  
Eggs  
Butter

