

## **Dinner List**

Boneless skinless chicken breasts

3 peppers

1 head of broccoli

Green onions

Cashews

Rice

Baby potatoes

Salmon

Feta

Avocado

Greek yogurt

Cilantro and basil

Jalapeno

Lemon

2 oranges

Shrimp

Green onion

Rice

Green vegetable

Salmon

Green onions, poblano pepper, lime

Avocado

Buns

Tater tots

Anchovy fillets

Lemon

Chicken breasts

6 slices crusty bread

Parmesan cheese

Capers

Romaine

## **Pantry Staples**

Cumin, paprika, red pepper flakes

Olive oil, canola oil

Fresh garlic and ginger

Soy sauce

Rice vinegar

Honey

Balsamic vinegar

Mayonnaise

Cornstarch

Worcestershire

