

Dinner List

Ground beef
Taco seasoning
Sour cream
Jack cheese
Enchilada sauce
Tortillas
Onion
Parsley (I always use cilantro)

Salmon filet
Brown rice
Snap peas and edamame

Pork tenderloin
Mini potatoes
Green beans

Ground chicken or turkey
Onion, carrot, celery
Tomato sauce
Frank's
Ranch, homemade or store bought
Buns
Tater tots
Side salad ingredients

Boneless skinless chicken breasts
Lettuce
Tomatoes
Corn
Ranch

Pantry Staples

Oregano, Italian seasoning
Olive oil, canola oil
Fresh garlic and ginger
Chicken stock
Honey
Soy sauce
Cider vinegar
Dijon mustard
Worcestershire sauce
BBQ sauce

