

Dinner List

Chicken thighs

Pineapple

Cilantro

Green beans

Brown rice

Potatoes

Italian sausage

Kale (I am going to use broccoli)

Chicken thighs

Onion, celery, carrots, yellow pepper

Potatoes

Diced tomatoes

Chicken stock

Ditalini pasta

Parsley

Onion

Pepper

Ground turkey

Tomato sauce and paste

Buns

Green salad ingredients

Pantry Staples

Oregano, cumin, cayenne

Olive oil, canola oil

Fresh garlic

Soy sauce

Red wine vinegar

Dijon

Rice vinegar

Honey

Worcestershire sauce

Sriracha sauce

