

## **Dinner List**

Bacon  
Onion, carrot, celery  
Ground beef (I used elk)  
Ground pork (I used Italian sausage)  
Beef consommé  
White wine  
Crushed tomatoes  
Pasta

Chicken  
Any grain  
Cauliflower  
Sweet potato  
Apple  
Parsley  
Lemon

Ramen noodles recipe calls for soba or vermicelli)  
Limes  
Peppers  
Shrimp  
Cilantro  
Coconut milk  
Snap peas

Bacon  
Buttermilk  
Baguette  
Tomatoes  
Romaine

## **Pantry Staples**

Oregano, sage, nutmeg red pepper flakes  
Olive oil, canola oil  
Fresh garlic and ginger  
Soy sauce  
Red curry paste  
Honey  
Cider vinegar  
Mayonnaise

