

## **Dinner List**

Mild Italian sausage  
Large sweet potato  
Head of broccoli (you could also use cauliflower)

Ground turkey  
Onion  
Red pepper  
Carrot  
Parsley  
Potatoes  
Green beans

Vermicelli noodles  
Cucumber, carrots, lettuce  
Herbs  
Lime  
Shrimp  
Lemongrass  
Shallot

Chicken breasts  
Brown rice  
Tomatoes, cucumber, avocado  
Kalamata olives  
Feta  
Dill  
Lemon

## **Pantry Staples**

Oregano  
Olive oil, canola oil  
Fresh garlic and ginger  
Eggs  
Dijon  
Honey  
Red wine vinegar  
Chicken stock  
Ketchup  
Worcestershire sauce  
Maple syrup  
Fish sauce  
Soy sauce

