

Dinner List

Ground turkey
Lemon
Buns
Tater tots
Spinach
Mixture of oranges
Cheese: feta, goat or manchego
Red onion
Basil and thyme

Onion
Ground turkey
Cauliflower

Chicken breasts
Lemon
Broccoli
Feta
Tomatoes
Brown rice

Chicken breasts
Lemon
2-3 peppers
Greek yogurt
Cucumber
Olives and feta
Flatbread

Lime
Peppers
Onion
Shrimp
Cilantro
Tortillas
Plain yogurt

Pantry Staples

Garlic powder, basil, parsley, oregano, cumin, paprika, curry, dill,
chili
Olive oil, canola oil, sesame oil
Fresh garlic and ginger
Rice vinegar, apple cider
Dijon
Honey
Mayonnaise
Soy sauce
Sriracha
Cornstarch
Panko
Worcestershire sauce
Panko
Eggs
Ketchup
Brown sugar

