

## **Dinner List**

Bacon  
Onion and celery  
Anchovy filets  
28 oz. diced tomatoes  
Parmesan with the rind and more for grating  
Cannellini beans  
Orzo or other small pasta  
Parsley

Sweet potato  
Pepper  
Almonds  
Lime  
Cilantro  
Quinoa  
Kale  
Cotija cheese  
Avocado

Ground chicken  
Onion  
Frozen peas and carrots  
Cabbage coleslaw  
Green onions

## **Pantry Staples**

Oregano, red pepper flakes, chili powder  
Olive oil, canola oil, sesame oil  
Fresh garlic and ginger  
Soy sauce  
Sriracha  
Chicken broth  
Eggs

