

## **Dinner List**

Boneless skinless chicken breasts

Lemon

Capers

Russet potatoes

Green beans

Extra firm tofu

Broccoli, peppers, red onion

Cashews

Green onion

Chicken thighs

Rice

Coconut milk and water

Green onions

Carrots

Cabbage

Avocados

Cilantro

Mild Italian sausage

Brown beans

Blackberries

Goat cheese

Lettuce

Avocado

Red onion

Walnuts

## **Pantry Staples**

Ground ginger

Olive oil, canola oil, sesame oil

Fresh garlic and ginger

Soy sauce

Sriracha

Chicken broth

Eggs

Flour and corn starch

Butter

Honey

Rice vinegar, white balsamic

Brown sugar

Dijon

