

Dinner List

Flank steak

Capers

Shallot

Parsley, cilantro, basil, thyme

Lemon

Potatoes, peppers and asparagus

Drumsticks

Onion

Lemon

Greek salad ingredients

Ground pork

Lemon

Chicken broth

Scallions

Rice noodles

Added veggies: carrots and snap peas

Onion

Ground turkey

Diced tomatoes

Green chilis

White kidney beans

Sour cream

Cheese and avocado

Chicken breasts

Carrots, broccoli, cabbage and frozen peas

Shallot

Leftover rice

Crushed peanuts

Pantry Staples

Oregano, coriander, paprika, cumin, peppercorns, red pepper flakes, chili powder

Olive oil, canola oil

Fresh garlic and ginger

Soy sauce

Dijon

Sesame oil

Rice vinegar

Chicken broth

Honey

Eggs

