

Dinner List

Carrots, broccoli and cilantro
Spaghetti
Chicken breasts (I always make this vegetarian)

Green onions
Cilantro and limes
Sour cream
Shrimp
Cabbage
Tortillas
Taco toppings

Salmon
Lemons and avocado
Rice
Feta
Yogurt
Cilantro, basil, jalapeno

Kale
Mild Italian sausage
Onion and carrots
Chickpeas
Diced tomatoes
Small pasta

Chicken breasts
Pineapple
Red onion
Cilantro
Lime
Asparagus

Pantry Staples

Cumin, onion, garlic chili powder, paprika, cayenne, red pepper flakes
Olive oil, canola oil
Fresh garlic and ginger
Soy sauce
Sesame oil
Rice vinegar
Chicken broth
Honey
Sugar

