

Dinner List

Chicken breasts
Lettuce, tomatoes and corn
Jack cheese
Lime
Caesar dressing
Tortilla chips

Sausages, mild and spicy Italian
Peppers and onions
Spinach and mixed berries
Buns

Lime
Cilantro
Rice and quinoa
Black beans
Avocado, tomatoes and corn
Feta
Sour cream
Lime
Shrimp

Ground beef
Onion
Apple
Carrots and green onions
Broccoli
Brown rice

Country bread
Chicken breasts
Marinara sauce
Provolone cheese
Kale or spinach
Caesar salad ingredients

Pantry Staples

Chili powder, cayenne, garlic, onion, red pepper flakes, oregano
Olive oil, canola oil
Fresh garlic and ginger
Soy sauce
Sesame seeds
Chicken broth
Honey

