

## **Dinner List**

Capers  
Shallot  
Parsley, basil and cilantro  
Lemon  
Flank steak  
Mushrooms, potatoes and asparagus

Peppers, broccoli and carrots  
Spaghetti

Cabbage  
Carrots, cilantro and green onion  
Edamame  
Roasted cashews  
Chow mein noodles  
Plain yogurt  
Chicken

Ground turkey  
Sour cream  
Rosemary  
Lemon  
Fries  
Coleslaw or Greek salad ingredients

Shrimp  
Brown rice  
Cucumber  
Edamame  
Avocado  
Cilantro  
Lime  
Thai sweet chili sauce

## **Pantry Staples**

Oregano, garlic powder  
Olive oil, canola oil  
Fresh garlic and ginger  
Soy sauce  
Sesame oil  
Red wine and rice wine vinegar  
Chicken broth  
Honey  
Dijon  
Flour  
Panko  
Eggs

