

Dinner List

Chicken breasts
Broccoli
Cream of chicken soup
Cheddar cheese
Lemon

Mushrooms
Pineapple
Peppers
Rice
Kale pesto: kale, parsley, lemon, almonds

Chicken breasts
Lime
Tortillas
Sour cream, radishes, cheese and avocado
Napa cabbage
Shallot
Cilantro

Salmon
Soba noodles
Broccoli
Edamame
Cilantro

Chicken thighs
BBQ sauce
Tater tots
Salad ingredients

Pantry Staples

Curry powder, paprika, cumin, Italian seasoning, onion, garlic,
cayenne pepper
Olive oil, canola oil
Fresh garlic and ginger
Maple syrup
Soy sauce
Sesame oil
Rice vinegar
Mirin
Mayonnaise
Miso paste
Brown sugar
Sesame seeds

