

Dinner List

Chicken thighs
Lemon
Plain yogurt
Dill
Cucumber
Lettuce, red onion, tomatoes

Italian sausage
Onion, carrots
Kale
Can diced tomatoes
Chickpeas but I use white kidney beans
Small pasta

Chicken thighs
Lime
Orange juice
Greek yogurt
Cilantro
Rice
Lettuce, cucumber, carrot, avocado

Ground chicken
Parmesan cheese
Panko
Caesar dressing
Buns
Tater tots
Salad ingredients

Pantry Staples

Oregano, paprika,
Olive oil, canola oil
Fresh garlic and ginger
Chicken broth
Soy sauce
Honey
White wine vinegar
Worcestershire sauce

