

## **Dinner List**

Romaine and mixed greens  
Cilantro and avocado  
Corn, carrot and tomatoes  
Black beans  
Tortilla chips  
Shrimp  
Lemon

Chicken thighs  
Brown rice  
Kale, arugula and mixed greens  
Tomatoes and carrots  
Walnuts  
Parmesan  
Cilantro  
Lime

Ground beef  
Black bean burgers  
Tater tots  
Corn  
Canned beans- I like to spice beans up by adding some cheddar cheese, BBQ sauce and some Franks

Romaine  
Mixed greens  
Avocado, oranges and tomatoes  
Carrot  
Ramen noodles  
Slivered almonds and sesame seeds

Ground pork  
Bok choy and green onion  
Rice noodles

## **Pantry Staples**

Cumin, chili powder  
Olive oil, canola oil  
Fresh garlic and ginger  
Chicken broth  
Honey  
Soy sauce GF  
Rice vinegar and apple cider vinegar  
Nutritional yeast  
Corn starch  
Sugar

