

## Grocery List

- Beef tenderloin
- Russet potatoes
- Button mushrooms
- Romaine, radicchio, celery, tomatoes, artichokes, olives, hot peppers, lemon, chives, shallots
  
- Chicken breasts
- Romaine
- Tomato, red onion, feta cheese
  
- Turkey sausage
- Onion, carrots, kale
- Diced tomatoes
- Small pasta
- Chickpeas, I use beans
  
- Shrimp
- Broccoli slaw
- Green onion and cilantro
  
- Cilantro
- Lime
- Green onion
- Chicken thighs
- Salad ingredients

## Pantry staples

- Oregano
- Olive oil, canola oil, sesame oil
- Ginger and garlic
- Chicken broth
- Cider vinegar, rice vinegar, red wine vinegar
- Panko
- Mayonnaise
- Hot sauce
- Soy sauce
- Maple syrup
- Fish sauce
- Brown sugar