

Grocery List

- Ground beef
- Onion, carrots and celery
- Tomato soup
- Consommé
- Diced tomatoes
- Barley

- Ground turkey
- Green onions
- Rice
- Broccoli

- Chicken thighs
- Lemon
- Peppers
- Pita, hummus, tzatziki
- Cucumber, olives and feta

- Black beans
- Corn, tomatoes, lettuce, cabbage, sweet potatoes
- Rice
- Avocado
- Cilantro
- Sour cream
- Tahini
- lime

Pantry staples

- Thyme, bay leaves, curry, cumin, paprika
- Olive oil, canola oil, sesame oil
- Ginger and garlic
- Chicken broth
- Cider vinegar, rice vinegar, red wine vinegar
- Hot sauce
- Soy sauce
- Honey
- Cornstarch