

Grocery List

- Ground turkey
- Peppers, green onions, spinach
- Rice and peanuts

- Lemon
- Dill, parsley, basil and cilantro
- Corn, lettuce, green onions, tomatoes, avocado
- Chicken breasts
- Black beans

- Ground beef
- Spinach
- Feta
- Sun-dried tomatoes
- Buns
- Fries or tots
- Baked beans

- Italian sausages
- Spinach, broccoli, avocado, blueberries
- Feta
- Dried cranberries and sunflower seeds

Pantry staples

- Parsley, garlic, dill, onion, paprika, red pepper flakes
- Olive oil, canola oil, sesame oil
- Ginger and garlic
- Chicken broth
- Cider vinegar, rice vinegar, red wine vinegar
- Hot sauce
- Soy sauce
- Brown sugar
- BBQ sauce
- Mayonnaise