

## **Dinner List**

28 oz. can diced tomatoes  
3 10 oz. cans of beef consume  
Can of tomato soup  
4 carrots, 3 celery sticks  
Bag of pot barley

4 lbs chicken thighs  
1 can of artichoke hearts  
Onion  
1 pound of button mushrooms  
Brown mustard  
Bag of baby potatoes

Package ground pork  
Onion  
Ginger  
Napa cabbage  
Baby bok choy  
Shredded carrots

Cilantro  
Parsley  
Lemon  
Plain yogurt  
Package of chicken thighs  
All the fixings for Greek salad  
Pita bread

## **Pantry Staples**

Soy  
Rice wine  
  
Sesame oil  
Paprika, cumin, basil, thyme and tarragon  
  
Garlic  
Red wine vinegar  
White wine  
Bay leaves

## **Breakfast & Snacks**