

Dinner List

Box of quinoa
Brown rice
Head of cauliflower
Red and yellow pepper, cucumber
Red onion, zucchini, carrots
Can of chickpeas
Greek yogurt
Dill, cumin, paprika, coriander all dried

4 chicken breasts
pineapple
BBQ sauce
Asparagus
Bag of mini potatoes

Onion, carrot, celery, parsnip
Spinach
Ground turkey
Basil
Can of chickpeas
Can of diced tomatoes

4 chicken breasts
BBQ sauce
Cider vinegar
Buns
Bag of chopped coleslaw
Mayonnaise
White wine vinegar
Sour cream

Pantry Staples

Beef broth
Panko
Dry mustard
Garlic
Garlic powder

Breakfast & Snacks

Frozen organic waffles
Flour
Milk
Butter
Baking powder and soda
Sugar
Egg