

Dinner List

1 roasted chicken
Red onion
Lime
Napa cabbage, red pepper, carrots
Cilantro, basil
Cashews

1 lb lean ground beef
Yellow onion
Red pepper
Tomato sauce
Taco shells

Package of chicken thighs
Carrots (4)
Onions (2)
Squash (4 sups)
Wild rice
Chicken stock
Coconut milk
Curry paste

1 package ground chicken
Lime
Onion
Peppers (2)
Pepper jack cheese
Buns
Avocados (2)

Pantry Staples

Garlic
Red pepper flakes, chili powder
Cumin
Fish sauce
Ginger
Worcestershire

Breakfast & Snacks

Brown sugar
Butter
Honey
Acai packs
Almond milk
Toppings for acai bowls: banana, coconut, granola