

Dinner List

Pizza dough
Pasta sauce
Ham and salami
Mozzarella cheese
Pesto
Arugula

1 pineapple and 3 oranges
2 pounds of turkey meat
2 yellow and 2 red peppers
Red onion
Pineapple and orange juice

Package of Italian sausage
1 red pepper
Organic pasta sauce
Box of rotini
Parmesan to top

1 pound boneless skinless chicken thighs
1 onion
BBQ sauce
buns
4 apples
Cabbage
1 carrot
Greek yogurt

Pantry Staples

Cider vinegar
Maple syrup
Dijon mustard
Garlic
Rice vinegar
Ketchup
Soy sauce
Corn starch

Breakfast & Snacks

Brown sugar
Coconut oil
Sugar
Coco powder
Zucchini and avocado
Eggs
Chocolate chips