

Dinner List

Ground turkey
Romaine
Cucumber x3
Fresh dill
Feta
½ cup of almonds (unsalted)
Panko

Package of ground beef
Plain yogurt
Lime
Spinach
Onion

4 boneless skinless chicken breasts
2 cans of cream of chicken soup
Lemon
Egg noodles
Head of broccoli
Cheddar cheese

2 pounds pork tenderloin
4 lemons
Butter
Italian parsley

Tomatoes
Can of chickpeas
Salami
Pepperoncini
Olives
Pizza crust
Tomato sauce
Mozzarella

Pantry Staples

Garlic
All spice, cloves, curry powder
Dijon mustard
White wine vinegar
Olive oil
Oregano and basil
Rice
Mayonnaise

Breakfast & Snacks

Eggs

