

## **Dinner List**

Ground sausage  
15 oz. can of tomato sauce and crushed tomatoes  
Box of chicken broth  
8 oz. of lasagne noodles  
Ricotta cheese  
Basil  
Parmesan

8 chicken cutlets  
3 peppers  
1 red onion  
Cilantro  
Flour or corn tortillas

1 pound boneless chicken breasts  
Head of broccoli  
2 peppers  
2 large carrots  
1 onion

1 package ground turkey  
Onion  
Fresh parsley  
Greek salad ingredients  
Pita

Mini baguette  
Buttermilk  
Grape tomatoes  
Romaine

## **Pantry Staples**

Garlic powder, ginger  
Chili powder, onion powder  
All spice, paprika  
Panko  
Soy sauce  
Mayonnaise

Sesame oil  
Rice wine vinegar

## **Breakfast & Snacks**

Crisco  
Margarine  
Cocoa powder  
Flour  
Sugar  
Vegetable oil (I use coconut)