

## **Dinner List**

1 jar apricot preserves  
2 (1) pound pork tenderloins  
Brown rice  
Green beans

4 chicken breasts  
Head of broccoli  
Can of cream of chicken soup  
Mayonnaise  
Egg noodles

Tahini  
Lime  
Rice noodles  
Baby kale  
Frozen edamame  
Carrots and peppers  
Mango  
Lemongrass  
Basil and cilantro

Corn  
Black beans  
1 cup shredded chicken  
1 avocado  
BBQ sauce

Mini baguette  
Buttermilk  
Grape tomatoes  
Romaine

## **Pantry Staples**

Ginger  
Curry powder  
Fish sauce  
  
Lemon 2 and Lime 1  
Soy sauce  
Garlic

## **Breakfast & Snacks**

Cool Whip  
Cream cheese 1  
Vanilla pudding mix  
Cocoa powder  
Flour  
Sugar  
Vegetable oil (I use coconut)