

Dinner List

Frank's Red-hot
1-pound ground turkey
Blue cheese
Buns
Corn on the cob
Mixed raw veggies

12 ounces ground pork
1 pound baby bok choy
Carrots
Brown rice

1 package ground turkey
Pesto
Panko
Parmesan cheese
Pasta sauce
Spaghetti

1 package smoked sausage
1 pound baby potatoes
1 pound green beans
Cremini mushrooms
1 onion

Dill
Greek yogurt
2 lemons
8 boneless skinless chicken thighs
Red onion

Pantry Staples

Paprika, allspice, nutmeg, garlic powder
Chicken stock
Soy sauce
Honey

Soy sauce
Garlic
Rice vinegar
Sesame oil
Cajun seasoning

Breakfast & Snacks