

Dinner List

Frank's Redhot
1 lb ground turkey
Blue cheese crumbles
Buns and waffle fries

Green cabbage
Cucumber
1 ¾ salmon fillet
Limes
Tortillas
Avocados

Pillsbury pizza dough
Marinara sauce
Mozzarella
Ham or pepperoni
Peppers and mushrooms
Romaine and Caesar dressing

8 ounces cremini mushrooms
4 carrots
Onion
1 ½ lbs of chicken thighs
1 sheet puff pastry
1 cup frozen peas and beans
Heavy cream

1 ½ lbs of chicken thighs
1 lemon
1 lb russet potatoes
2 bell peppers
1 onion
8 ounces feta
Sun dried tomatoes and Kalamata olives

Pantry Staples

Garlic, chili powder, paprika
Panko
White wine and balsamic vinegar
Fresh dill, thyme and oregano
Bay leaf
Fresh garlic

