

Dinner List

2 lbs pork tenderloin

Rice

Green vegetable

2 lbs flank steak

1 red, orange, yellow pepper

Red onion

Limes

Corn tortillas

Avocado

Rice

Turkey sausage

Red pepper, zucchini, corn

Shallot

Gouda cheese

Basil

Pacific organic tomato soup

Cheese tortellini

Romaine lettuce

Caesar dressing

Pantry Staples

Chinese five spice, cumin, chili powder, paprika, chipotle chili powder

Worcestershire

Hoisin sauce, oyster sauce

Soy sauce

Sesame oil

Honey

Garlic

Milk and flour