

## **Dinner List**

Chicken  
Broccoli  
Cream of chicken soup  
Lemon  
Egg noodles  
Cheddar cheese

Smoked sausage  
Onion  
Potatoes  
Chicken stock  
Kale

Ground chicken  
Parmesan cheese  
Caesar dressing  
Lemon  
Buns  
Salad ingredients  
Buns

Ground turkey  
Beef broth  
Tomato sauce  
Black beans  
Corn  
Cooked rice  
Lettuce, tomatoes, sour cream, avocado, cheese

## **Pantry Staples**

Curry powder, paprika, cumin, garlic powder, chili powder, onion powder, oregano  
Olive oil, canola oil, sesame oil  
Fresh garlic and ginger  
Chicken broth  
Panko  
Worcestershire sauce  
Mayonnaise

