

Grocery list

Chicken thighs
Shredded cabbage, carrots
Mango
Mandarin oranges
Slivered almonds
Dates

Red onion
Greek yogurt
Tahini
Lemon
Quinoa (I will be using brown rice)
Kale
Parsley
Chicken breasts
Pita
Tomatoes, cucumber
Olives and feta

Parsley
Beef filet
Tomatoes
Fingerling potatoes

Ground turkey
Oregano
Spinach
Red onion
Feta
Buns
Tots

Pantry Staples

Onion, oregano, cumin, Five spice, garlic,

Olive, canola and sesame oil

Garlic and ginger

Cider vinegar, balsamic vinegar, white vinegar, red wine vinegar

Rice vinegar

Almond butter