

Grocery list

Beef tenderloin

Mixed mushrooms

Spinach, apple, pear, feta, almonds and cranberries

Chicken thighs

BBQ sauce

Sweet potatoes

coleslaw

Onion, tomato, red pepper

Cilantro

Ground beef

Tomato sauce

Green olives

Brown rice

Onion, carrots, celery

Crushed tomatoes

2 cans of beans

Small pasta

Kale and parsley

Lemon

Pantry Staples

Chili powder, cinnamon, cumin, bay leaves, oregano

Olive, canola and sesame oil

Garlic and ginger

Red wine vinegar, balsamic vinegar, rice wine vinegar, cider vinegar

Mayonnaise

Chicken stock

