

Grocery List

- Ground beef
- Onion, carrots, celery
- Diced tomatoes, consommé, tomato soup
- Barley

- Chicken drumsticks
- Broccoli
- Walnuts
- Rice

- Cooked chicken
- Carrots, celery, onion, parsley
- Cream
- Lemon
- Egg noodles

- Ground turkey
- Onion
- Tomato paste
- Bowl additions: black beans, lettuce, sour cream, cilantro

- Pork tenderloin
- Lettuce, celery, pomegranate, pears
- Walnuts
- Goat cheese
- Lemon

Pantry Staples

- Thyme, bay, cinnamon, cayenne, cumin, paprika, chili, oregano,
- Garlic and ginger
- Olive oil
- Chicken broth, beef bouillon
- Honey
- Balsamic vinegar, apple cider, red wine vinegar, rice vinegar
- Soy sauce
- Sesame oil
- Mayonnaise