

## Grocery List

Ground turkey  
Greek yogurt  
Shallot and lemon  
Zucchini  
Feta  
Greek salad ingredients  
Pita

Tofu  
Almond butter  
Rice  
cabbage, carrots, cucumber, avocado, green onion and sprouts  
Cashews  
Lime and cilantro

Smoked sausage  
Peppers and red onion  
BBQ sauce and hot honey  
Cilantro  
Rice for serving, I will use small hoagie buns

Sweet potato fries  
Ground turkey  
Red onion  
Chipotle peppers  
Sour cream  
Lettuce, cheese, avocado as toppings

### Pantry Staples

Garlic, chili, paprika, cumin,  
Olive, canola and sesame oil  
Garlic and ginger  
Cider vinegar, rice vinegar, white vinegar

Soy sauce

Honey

Arrowroot starch or corn