

Grocery List

- Salmon
- Quinoa
- Cucumbers, tomatoes, avocado, olives and feta
- Oranges, Greek yogurt
- Greens, I used head lettuce
- Hummus and baba ganoush

- Ricotta, parmesan and mozzarella
- Ground beef and Italian sausage
- Onion
- Basil
- Tomato paste, crushed tomatoes and broth
- Lasagna sheets

- Chicken breasts
- 3 peppers
- Onion
- Cilantro
- Tortillas
- Desired toppings

- Country bread, I use naan or pita
- Portobello mushrooms, broccoli and pepper
- Gouda

Pantry Staples

- Paprika, garlic, onion, Italian seasoning, chili, cumin, oregano
- Garlic and ginger
- Olive oil, canola oil, sesame oil
- Balsamic vinegar, cider vinegar, rice vinegar, white vinegar, red wine vinegar
- Mayonnaise
- Brown sugar
- Dijon