



GROCERY LIST FOR DINNER

PROTEIN

- GROUND CHICKEN
- EXTRA LEAN GROUND BEEF OR TURKEY
- CHICKEN BREAST
- SALMON

SPICES

- SALT & PEPPER
- ROSEMARY
- THYME
- OREGANO
- GARLIC POWDER

VEGETABLES

- COLESLAW
- RED ONION
- GINGER
- GARLIC
- BROCCOLI FLORETS
- CAULIFLOWER
- GREEN ONION
- BOSTON LETTUCE LEAVES
- BELL PEPPER
- ZUCCHINI
- LEMON

SAUCE

- LEMON JUICE
- SUGAR-FREE STIR-FRY SAUCE
- DIJON MUSTARD
- SRIRACHA SAUCE
- VINEGAR
- LOW SODIUM SOY SAUCE

