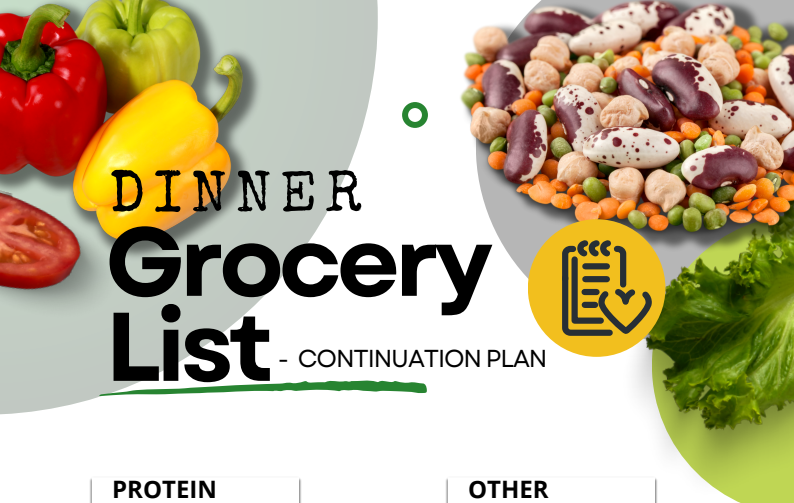




# DINNER Grocery List

- CONTINUATION PLAN

## PROTEIN

- WHOLE CHICKEN
- GROUND TURKEY
- BEEF STEAKS
- AHI TUNA

## VEGETABLE

- ROMAINE LETTUCE
- BELL PEPPERS
- ONION
- GARLIC
- CHERRY TOMATOES
- AVOCADO
- BRUSSEL SPROUTS
- ASPARAGUS SPEARS

## OTHER

- OLIVE OIL
  - LEMON JUICE
  - GARLIC POWDER
  - ANCHOVY PASTE
  - BROTH
  - ITALIAN SEASONING
  - TOMATO SAUCE
  - BALSAMIC VINEGAR
  - SESAME OIL
  - GINGER
- 