

# { Grocery List }

dinner guide #8

## produce

- 2 tbsp lemon juice
- 12 oz white or crimini mushrooms
- 2 cups fresh spinach
- 2 tbsp garlic
- 1/2 cup bell pepper
- 1 cup cilantro
- 1" piece fresh ginger
- 1# green beans
- 1 cup okra
- 1 cup fresh shiitake mushrooms

## meat

- 1# flank or skirt steak
- 2# chicken breast, boneless and skinless
- 1# salmon filets

## pantry

- extra virgin olive oil
- salt + pepper
- 16 oz pasta of choice
- 1 jar pasta sauce
- 1- 28 oz can green enchilada sauce
- 1 - 7 oz can green chiles
- 16 taco-sized corn tortillas
- 1/4 cup brown sugar
- 1/4 cup dijon mustard

## dairy

- 1 cup sour cream
- 1 cup shredded cheese

## spices

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp sambal oelek paste
- 2 tbsp soy sauce
- 1 tbsp sesame oil

## frozen

- 1/2 cup frozen corn kernels

notes + other items:

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