**Pantry Items:**

Olive Oil

Steak Seasoning

Red Wine Vinegar

Balsamic Vinegar

Salt

Pepper

Hot Sauce

Cinnamon

Garlic powder

Liquid aminos/soy sauce

Sesame oil

Mayo

**Meat:**

2 lbs. ground beef

1 pkg. chicken tenders

2 Chicken Breasts

**Produce:**

1 carrot

1 celery stalk

1 red pepper

2 Sweet Potatoes

3 tomatoes

1 avocado

1 head romaine lettuce

1 garlic clove

1 lb green beans

2 onions

¼ cup cilantro

1 TBS ginger

1 scallion

1 Broccoli Head

**Dairy**

1 Block Cheddar Cheese

1 Stick Butter

8 oz mozzarella cheese

¼ cup parmesan

**Condiments:**

Honey

**EXTRAS:**

1 15 oz can tomato sauce

2 TBS tomato paste

1 jar salsa

Basil Pesto Sauce

1 can artichokes

½ cup whole wheat bread crumbs

**Bread**

Whole Wheat Pizza Dough

6 Whole Wheat Buns

8 Whole Wheat Tortillas