



5 fresh & easy dinners

Shopping list

Mango salsa pizza

Rancher's eggs

Almond crusted chicken

Beef and vegetable kebabs with brown rice

Sesame ginger shrimp



PRODUCE

Bell peppers, 4 total (1 red, 2 green, 1 red or green)
Broccoli (3 or 4 crowns)
Cilantro
Cherry tomatoes (8)
Garlic
Ginger
Green beans (1 lb.)*
Lemon (1)
Mango (1)
Onion (3)

PANTRY

Almonds, ground or whole (to grind at home)
Black beans, reduced-sodium (1 can)
Brown rice (1 c.)
Corn tortillas, whole-grain (6)
Italian dressing, fat-free
Lime juice
Pineapple tidbits (1 small can)
Pizza crust, whole-grain (or mix)
Salsa

REFRIGERATED

Cheddar or Monterey Jack cheese, reduced-fat, grated (1/2 cup)
Chicken breasts, boneless and skinless (4)
Eggs (6)
Milk, skim (1/2 cup)
Shrimp, peeled and deveined (12 oz.)*
Top sirloin (8 oz.)

FROM YOUR CUPBOARD

Cumin
Brown sugar
Garlic powder
Flour
Olive oil
Onion powder
Red pepper flakes
Salt/pepper
Sesame oil
Soy sauce, low sodium
Thyme

*Frozen can be used as well