

SHOPPING LIST

Produce:

Mango
Red Onion
Cilantro
Broccoli
2 potatoes
2 Onions
1 large Carrot
1 small Carrot
2 Red Peppers
Kale
Spinach
Asparagus
Lime Juice

Meat

Canned crab
Chicken
Pork Tenderloin

Other

Pesto

Pantry

Dijon mustard
Mayo
Mrs. Dash
Brown Rice
Soy Sauce, low sodium
Brown Sugar
Rice Vinegar
Red Wine Vinegar
Red Pepper Flakes
Ground Ginger
Bread Crumbs
Old Bay Seasoning
Black Beans
Olive Oil
Vinegar
Canned Tomatoes
Low Sodium Broth
Sesame Oil