

GROCERY LIST



PROTEIN

- 4 beef Tenderloin Steaks, cut $\frac{3}{4}$ inch thick (about 4 oz. each)
- 2 beef Strip Steaks Boneless, cut 1 inch thick (about 8 ounces each)
- 1 lb. lean Ground Beef
- Cooked, chopped beef bacon topping (optional)

PRODUCE

- 13 cups (13 oz) mixed salad greens
- 4 cups assorted vegetables (i.e., thinly sliced cabbage, carrots, broccoli, cucumber)
- $\frac{2}{3}$ cup coarsely chopped kimchi
- Halved cherry tomatoes for topping (optional)
- 1 medium red or green ripe pear, cored, cut into 16 wedges
- 2 medium sweet potatoes
- Red onions for topping (optional)
- $\frac{1}{4}$ cup thinly sliced green onions
- Chopped parsley for garnish

DRY GOODS/PANTRY

- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. chili powder
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{8}$ tsp. salt + more to taste
- $\frac{3}{4}$ tsp. black pepper + more to taste
- 2 cups cooked brown rice
- 1 Tbsp. toasted sesame seeds
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{4}$ cup coarsely chopped pecans, toasted
- 1 tablespoon avocado oil
- 2 Tbsp. Asian sesame oil
- $1 \frac{1}{2}$ tsp. olive oil
- $\frac{1}{2}$ cup mayonnaise
- 2 Tbsp. no-sugar-added ketchup
- 2 tsp. Dijon or yellow mustard
- $\frac{1}{2}$ cup prepared honey mustard
- 1 tsp. white vinegar or apple cider vinegar
- 1 tsp. white wine vinegar
- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 tsp. diced pickles + optional pickles for topping

FULL RECIPES

[Beef Tenderloin, Cranberry and Pear Salad](#)

[Burger Bowl with Special Sauce](#)

[Korean Bowl](#)

REFRIGERATOR

- $\frac{1}{4}$ cup crumbled goat cheese
- Shredded cheese for topping (optional)