

GROCERY LIST



PROTEIN

- 2 pounds Ground Beef (93% lean or leaner)
- 1 beef Top Sirloin Steak boneless, cut 1 inch thick (about 1 pound)

PRODUCE

- Thinly sliced or shredded lettuce
- 4 small or 2 medium head lettuce, torn
- 1 red onion
- 2 bell peppers (red, orange, or yellow)
- Ripe olives (sliced)
- 1 tomato chopped
- 1 can (11 ounces) corn, drained
- 1 cloves garlic

DRY GOODS/PANTRY

- Salt
- Ground Black Pepper
- Olive Oil
- 2 teaspoons chile powder
- 8 taco shells or tortillas
- 4 round thin sandwich breads, any variety, split
- 1/2 cup dried cherries or dried cranberries
- 1/4 cup pine nuts or coarsely chopped walnuts, toasted (optional)
- Red Wine Vinegar

REFRIGERATOR

- Shredded Monterrey Jack cheese
- 1 cup prepared chunky salsa
- 1/4 cup crumbled blue cheese
- 1-1/2 cups pizza sauce
- 1/2 cup shredded mozzarella cheese

FULL RECIPES:

[Confetti Beef Tacos](#)

[Personal Beef Pizzas](#)

[Italian style beef sausage](#)

[Beef Steak Salad with Dried Cherries](#)