

GROCERY LIST



PROTEIN

- 1 pound Ground Beef (96% lean)
- 1 pound beef Top Sirloin Steak cut 1-inch thick
- 1 pound beef Top Sirloin Steak, cut 3/4 inch thick
- 4 extra-thick slices Maplewood-smoked bacon

PRODUCE

- 8 ounces mushrooms
- 1 medium red, yellow, or green bell pepper
- 1 medium red onion
- 1 tablespoon fresh oregano *OR* 1 teaspoon dried oregano leaves
- 1 pound fresh asparagus, trimmed
- 2 cloves garlic

DRY GOODS/PANTRY

- 4 whole wheat hamburger buns, split
- Salt
- Ground black pepper
- 1 tablespoon Worcestershire sauce
- 1/3 cup balsamic vinaigrette
- 1 tablespoon Dijon-style mustard
- Olive oil

REFRIDGERATOR

- 4 slices Cheddar cheese
- 1/4 cup beer

FULL RECIPES:

[Maplewood-Smoked Bacon Beer Burgers](#)

[Classic Beef Kabobs](#)

[Balsalmic Marinated Beef Top Sirloin Steak & Asparagus](#)