

## PROTEIN

- 1 beef Flat Iron Steak (about 8 ounces)
- 1 pound 90% Lean Ground Beef
- 1 pound Ground Beef (95% lean)

## PRODUCE

- 1 cup diced Roma tomatoes, seeded, ribs removed (about 4 medium tomatoes)
- 1/4 cup Roma tomatoes, diced
- 5 cloves garlic, smashed
- 1/3 cup thinly sliced fresh basil leaves
- 3/4 cup onion, diced
- 2 Tablespoon fresh parsley, chopped
- Lettuce

## DRY GOODS/PANTRY

- 2 tablespoons vegetable oil
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1 1/4 teaspoon coarse grind black pepper
- 1/3 cup packed Kalamata olives, cut in half lengthwise then into 1/4-inch half moons
- 2 Tablespoon ketchup
- 2 Tablespoon Worcestershire sauce
- 1 teaspoon granulated garlic
- 4 canned pineapple slices, drained
- 1 loaf ciabatta bread (11 to 14 ounces)
- 12 Hawaiian sweet or small whole wheat dinner rolls, split
- 1/4 cup barbecue sauce
- 1/4 cup pineapple preserves
- 1 tablespoon packed light brown sugar

## REFRIGERATOR

- 3/4 cup feta cheese crumbles
- 8 ounces cream cheese
- 1-1/2 cups Cheddar cheese
- 3/4 cup dill pickle, chopped, divided

## FULL RECIPES

[Beef Bruschetta with Roasted Garlic-Feta Spread](#)

[Sweet Hawaiian Beef Sliders](#)

[Cheesburger Dip](#)