

GROCERY LIST



PROTEIN

- 12 ounces leftover cooked beef (such as Steak or deli roast beef)
- 2 beef Ribeye Steaks
- 1 pound Ground Beef (93% lean)

REFRIDGERATOR

- 6 eggs
- 4 slices cheese

PRODUCE

- Fresh baby spinach
- Tomatoes (diced)
- Fresh cilantro
- Fresh pineapple (4 slices)
- 1 red bell pepper
- 1 lime
- Fresh parsley
- Minced garlic
- Cucumber
- Red onion

DRY GOODS/PANTRY

- 8 multi-grain English muffins
- 4 flatbreads
- Cumin
- Salt
- Black pepper
- Ground red pepper
- Dry breadcrumbs or quick oats
- Tzatziki sauce

FULL RECIPES:

Beef and Spinach Breakfast Sandwich
Hawaiian Ribeye Steaks with Grilled Pineapple Salad
Mediterranean Beef Meatball Kabobs