

GROCERY LIST



PROTEIN

- 1 lb. beef Top Sirloin Steak, boneless, cut 1-inch thick
- 1 lb. Ground Beef (93% lean)
- 1 beef Flat Iron Steak (about 1 lb.)

PRODUCE

- 8 oz. baby potatoes
- 4 oz. cherry tomatoes
- 9 oz. baby portobello mushrooms
- 2 t. fresh rosemary, chopped
- 3 t. fresh parsley, chopped
- 1.5 t. fresh garlic, minced
- 1 head lettuce
- 1 large tomato
- 3 medium zucchinis
- 2 jalapeño peppers
- 1 lime

DRY GOODS/PANTRY

- 2 T. steak seasoning blend
- 1¼ t. kosher salt
- ½ t. black pepper
- ½ t. ground cardamom
- 1 t. ground coriander
- ½ t. allspice
- ½ t. nutmeg
- ½ t. ground ginger
- 1 t. Chile powder
- ½ t. ground cinnamon
- 1 t. granulated garlic
- 4 T. olive oil
- 4 hamburger buns, split
- ½ c. light mayonnaise

REFRIGERATOR

- 4 T. salted butter
- 4 Swiss cheese slices

FULL RECIPES

[Grilled Sirloin Steak Kabobs with Garlic Rosemary Butter](#)

[Mushroom Swiss Burger with Jalapeño Aioli](#)

[Berbere Spiced Grilled Flat Iron](#)