# **GROCERY LIST**



### PROTEIN

- 1 lb. Ground Beef
- 1 <sup>1</sup>/<sub>2</sub> lbs. beef Skirt Steak
- 1 lb. beef Top Sirloin Steak boneless, cut 1 inch thick

#### PRODUCE

- 1 large onion
- <sup>1</sup>/<sub>4</sub> cup red onion, diced
- 1 cup + 4 oz cherry tomatoes
- 2 Tbsp fresh lime juice
- 8 oz red-skinned potatoes
- 4 oz portobello mushrooms
- 5 tsp minced garlic
- 3 tsp fresh parsley
- 2 Tbsp fresh basil, chopped
- 1 Tbsp chopped fresh thyme
- 2 tsp fresh rosemary

#### DRY GOODS/PANTRY

- 3 Tbsp vegetable oil
- 1 Tbsp olive oil
- 4 white or whole wheat hamburger buns
- 1 15 oz canned corn
- 1/3 cup Italian dressing
- 1 <sup>1</sup>/<sub>2</sub> tsp freshly ground black pepper
- 1 <sup>1</sup>/<sub>2</sub> tsp kosher salt
- 2 tsp sweet paprika
- 1 <sup>1</sup>/<sub>2</sub> tsp dried thyme leaves
- 2 tsp granulated garlic
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp steak seasoning blend

#### REFRIGERATOR

- 3 oz shredded or crumbled cheese (feta, blue cheese, etc.)
- 4 Tbsp butter

## **FULL RECIPES**

#### Grilled Onion Cheeseburgers

Cowboy Marinated Skirt Steak with Corn Salad

Grilled Sirloin Steak Kabobs with Garlic Rosemary Butter