

GROCERY LIST



PROTEIN

- 1 lb. Flank Steak
- 1 Beef Top Round Steak
- 1 lb. Ground Beef (93% lean or leaner)

PRODUCE

- Cherry tomatoes
- 2 red onions
- 1 head romaine lettuce, chopped (10-12 cups)
- 1 jalapeno pepper
- 1 medium cucumber
- Orange
- Garlic cloves
- Lemons
- Fresh mint
- Fresh ginger
- Fresh cilantro

DRY GOODS/PANTRY

- 4 slices Texas Toast
- Brown sugar
- Ketchup
- Worcestershire sauce
- Olive oil
- Lime juice
- 1/3 cup pitted kalamata olives
- Oregano
- Dried dill
- Salt
- Minced garlic
- Tequila
- Red pepper

REFRIDGERATOR

- 1 cup garlic hummus
- ½ crumbled feta cheese
- ¾ cup plain yogurt
- Frozen orange juice concentrate
- 1 beer

FULL RECIPES:

Mediterranean Steak Bowls
Margarita Beef with Orange Salsa
BBQ Chipotle Burgers