

GROCERY LIST



PROTEIN

- [1 beef Chuck Steak \(about 1 pound\)](#)
- 1 beef [Top Sirloin Steak](#) boneless, cut 1 inch thick (1 pound)

PRODUCE

- 2 zucchini, cut lengthwise
- 8 baby sweet bell peppers
- 2 tablespoons basil pesto
- 1 cup yellow and/or red cherry or grape tomatoes, halved or quartered if large
- 1 cup arugula or baby spinach leaves
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DRY GOODS/PANTRY

- 4 tablespoons garlic powder
- 4 tablespoons dried dill weed
- 2 tablespoons dried oregano leaves
- 2 tablespoons dried mint
- 4 teaspoons kosher salt
- 4 teaspoons dried lemon peel
- 4 teaspoons cracked black pepper
- 2 teaspoons ground cloves
- 1 teaspoon olive oil
- 2/3 cup olive oil
- 2/3 cup balsamic vinegar
- Nonstick cooking spray
- 1/8 to 1/4 teaspoon crushed red pepper (optional)

REFRIGERATOR

- 2 tablespoons fresh lemon juice
- 1 refrigerated whole grain, whole wheat or regular pizza dough (about 1 pound)
- 1/2 cup reduced-fat shredded Italian blend cheese

FULL RECIPES

[Mediterranean Grilled Chuck Roast with Garden Grilled Vegetables](#)

[Pesto Steak & Arugula Pizza](#)