

## PROTEIN

- 2 beef Ribeye Steaks Boneless, cut 1 inch thick (about 12 ounces each)
- 1 pound Ground Beef (93% lean or leaner)
- 4 beef Flat Iron Steaks (6 to 8 ounces each)

## PRODUCE

- 3 tablespoons chopped fresh cilantro, divided
- 4 fresh pineapple slices, cut 1/2 inch thick
- 1 medium red bell pepper, cut in half lengthwise
- 1 medium lime
- 1 Lemon
- 3 large cloves garlic, minced

## DRY GOODS/PANTRY

- Salt
- 2 teaspoons ground cumin
- 1/4 to 1/2 teaspoon ground red pepper
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1 tablespoon minced chipotle peppers in adobo sauce
- 1 tablespoon Worcestershire sauce
- 2 spears pickled okra, sliced
- 1/3 cup prepared basil pesto sauce
- 1/2 teaspoon crushed red pepper

## REFRIGERATOR

- 1/2 cup beer
- 4 slices frozen Texas Toast

## FULL RECIPES

[Hawaiian Ribeye Steaks with Grilled Pineapple Salad](#)

[Barbecue Chipotle Burgers](#)

[Spicy Lemon Pesto Flat Iron Steaks](#)