

GROCERY LIST



PROTEIN

- 2 beef Flat Iron Steaks (about 1 lb)
- 1 package (about 17 oz) refrigerated fully cooked beef tips with gravy
- 1 lb lean Ground Beef

PRODUCE

- 2 tsp minced garlic + 3 garlic cloves
- ¼ cup diced cucumber
- 1 large tomato
- 1 sweet onion
- 8 oz sliced button mushrooms
- 1 lb brussels sprouts
- 1 large sweet potato
- Shredded lettuce (optional)
- 1 lemon (optional)
- Fresh dill (optional)
- Fresh parsley (optional)

DRY GOODS/PANTRY

- 1 tsp dried oregano leaves
- ¾ tsp dried thyme leaves
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt + more to taste
- ½ tsp black pepper + more to taste
- 4 whole wheat pita bread
- 3 cups cooked egg noodles
- 1 cup French-fried onions
- 1 Tbsp reduced-sodium soy sauce
- 1/3 cup BBQ sauce
- 2 Tbsp olive oil

REFRIGERATOR

- 1 cup plain lowfat yogurt
- 1/3 cup dairy sour cream
- 2 cups frozen mixed vegetables

FULL RECIPES

[Beef Steak Gyros](#)

[Easy Beef & Mushroom Noodle Bake](#)

[Sheet Pan Mini Meatloaf with Vegetables](#)