

The Weekly List

"Roll The Ball"



PRODUCE



- Red bell pepper
- Red onion
- Fresh dill
- Fresh parsley
- Fresh cilantro
- Scallions
- Ginger
- Garlic

DAIRY



- Eggs

PANTRY



- Plain bread crumbs
- Garlic powder
- Dried oregano
- Dried Thyme
- Lemon pepper
- Salt
- Oats
- Peanut butter
- Vanilla extract
- Unsweetened dark cocoa powder
- Mini semi-sweet or dark chocolate chips
- Ground flaxseed
- Pretzels
- Medjool dates, pitted
- Low sodium soy sauce

OTHER



- 1 lb 93% lean ground turkey
- 1 lb 93% lean ground beef