

Dinner	Sides	Ingredient List
Shrimp Stuffed Peppers (TFC- 10/26/10)	Sauted mushrooms	Shrimp Cream cheese Colby jack Pablano peppers Mushrooms Onion Garlic
Thai Steak (TFC- 3/4/10)	Cabbage Lime Scented Rice	Cabbage Cilantro 2 limes 1 jalapeno Salted peanuts Coconut milk White rice Flank steak Fish sauce Sugar Olive Oil
Strawberry & Walnut Salad (TFC - 9/28/10)	None	Walnuts Maple syrup Balsamic dressing Olive oil Lettuce Strawberries Cucumber Carrot chicken
Sausage & Cabbage (TFC- 6/10/11)	None	Sausage Cabbage Butter Chicken Stock Thyme Carrot
Marinated Greek Steak Salad (TFC - 8/1/10)	None	Sirloin Steak artichoke hearts Red onion Bell pepper, red Olives Cherry tomatoes Olive oil Red wine vinegar Lemon Dried oregano Anchovy paste Garlic Lettuce Spinach feta
Salmon w/Orange Cream Rosemary Sauce (TFC- 10/21/09)	Asparagus	Salmon Heavy Cream Orange Rosemary garlic

	Grocery list
Meat	Shrimp Chicken breast Hot dogs bacon
Veg	Pablano Pepper Mushrooms Onion (3) Garlic Cabbage Jalapeno Lettuce Carrots Cucumber Red onion Bell pepper (2) Cherry tomato Spinach zucchini
Fruit	Lime Lemon Oranges Bananas Grapes Apples
Dairy	Cream cheese Colby jack Butter Feta Yogurt Cottage Cheese
Staples	White Rice Anchovy paste Vanilla Olive oil Canned tomatoes raisins
Nuts	Peanuts Walnuts
Bread	Tortillas bread

Breakfasts: Oatmeal, cottage cheese, eggs, yogurt

Lunches: Hot dogs, HM chicken nuggets, artichoke heart (me), Leftovers, Chicken tortilla soup.

Notes: Playdate on Tuesday, making Chicken tenders for 9 kids, 4 adults.