

MEAL PREP SHOPPING LIST

MEAT

- Sinclair Family Farm ground beef
- Sinclair Family Farm Italian sausage
- 1 lb Sinclair Family Farm Chuck Steak
- 1 lb Sinclair Family Farm ground pork

SEASONING

- Heart Rock Herb & Spice Co. Tahoe Seasoning Salt
- Heart Rock Herb & Spice Co. Italian seasoning
- Heart Rock Herb & Spice Co. salt
- Black pepper
- Garlic Powder
- Red pepper flakes
- Red pepper

PRODUCE

- Bell Peppers
- Zucchini
- Scallions
- Kale
- Garlic
- Onion
- Cherry tomatoes
- Baby spinach
- Ginger

OTHER

- Carson Valley Meats eggs
- Misbeehaven Farm infused garlic honey
- Tillie's Nevada Balsamic Vinegar
- Olive oil
- Sesame oil
- Milk
- Mozzarella Cheese
- Feta Cheese
- Pecans
- Peanuts
- Butter
- Tortillas
- Breadcrumbs
- Basmati rice or noodles
- Long grain white rice
- Hoisin sauce
- Sriracha
- Marinara sauce
- BBQ sauce
- Soy sauce
- Ketchup
- Chicken broth

