

WEEKLY MEALS

GRILL RECIPE #1



Teriyaki Grilled Shrimp Skewers

GRILL RECIPE #2



Tex Mex Grilled Flank Steak

GRILL RECIPE #3



Greek Style Garlic Chicken Breast

GRILL RECIPE #4



BBQ Sausage and Peppers

GRILL RECIPE #5



Kevin's Grilled Steak Dinner

VEGGIES/FRUITS

- ☐ 1 tsp grated fresh ginger
- ☐ 1/2 fresh pineapple
- ☐ 2 T minced fresh cilantro
- ☐ 1 stem Rosemary fresh
- ☐ 1 large red bell pepper
- ☐ ¼ pound jalapeno peppers
- ☐ 1 large red onion
- ☐ 1 pound Brussels sprout
- ☐ 1 pound Yukon Gold Potatoes
- ☐ 2 Lemon
- ☐ 5 clove Garlic

MEAT/PROTEIN/DAIRY

- ☐ 1 pound jumbo shrimp
- ☐ 2 pounds flank steak (about 1-inch thick)
- ☐ 4 skinless, boneless chicken breast halves
- ☐ 2 pounds spicy Italian sausage
- ☐ ½ pound sliced provolone cheese
- ☐ 4 Ribeye Steaks
- ☐ Butter

DRY GOODS

- ☐ 2 T soy sauce
- ☐ 2 T brown sugar
- ☐ 1 tsp honey
- ☐ skewers
- ☐ 1 T toasted sesame seeds (Optional)
- ☐ 1 (1.41 ounce) package sazón seasoning with coriander and achiote (such as Goya®)
- ☐ 2 (12 fluid ounce) cans beer
- ☐ 1/2 cup Mayonnaise

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ ⅓ teaspoon paprika
- ☐ Steak Seasoning - enough to season steak

GROCERY LIST