Grocery Shopping List

* 1 1/2 pounds steak (sirloin/ny strip), trimmed and cut into 4 pieces
* 4 bone in pork loin chops
* 1 pound ground sirloin
* 2 Tablespoons olive oil \*
* 1 medium zucchini
* 1 medium yellow squash
* 1 cup cherry or grape tomatoes
* 1 (29 oz) can diced tomatoes
* 1 green bell pepper
* 1 onion \*
* 2 teaspoons granulated sugar \*
* 2 tablespoons cornstarch
* 3 cloves garlic, minced \*
* Kosher salt and freshly cracked pepper \*
* 1/4 teaspoon dried thyme
* 1/4 teaspoon dried sage
* 1 cup white rice \*
* 1/2 cup balsamic vinegar
* 1 package (1 oz) ranch dressing and seasoning mix
* 1 (14 oz) can chicken broth
* 1 can (18oz) creamy mushroom soup
* 2 bags frozen steamed vegetables

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* 4 cups vanilla Dannon Light & Fit Greek yogurt
* 1 small bag frozen mixed berries (at least 2 cups or 16 oz)
* 1 bag Perky Jerky 5 oz (flavor of choice)
* 1 One protein bar (flavor of choice)
* Publix buffalo chicken dip
* 1 bag pre cut celery
* 1 bag mini rice cakes (flavor of choice)
* 1 small can almonds (flavor of choice)
* 2 Sargento Balanced Break (near cheese section)

**\*check for leftovers**