Wednesday Grocery List

Meal: Salmon Patties with a Side of White Beans and Vegetable Couscous

You'll Need for the Salmon Patties:

- 14.75 oz can wild caught Alaskan pink salmon (will make about 4-5 patties)
- □ Salt and Pepper
- □ EVOO (Extra Virgin Olive Oil)
- □ White Wine Vinegar
- Oregano
- Cayenne Pepper
- 🗆 Egg
- 🗆 Lemon

You'll Need for the White Beans:

- □ 15 oz. can of white beans
- □ Extra Virgin Olive Oil (EVOO)
- □ White wine vinegar
- Chicken broth
- □ Salt and Pepper
- □ Oregano (optional)
- □ Cumin (optional)
- 🗆 Tomato

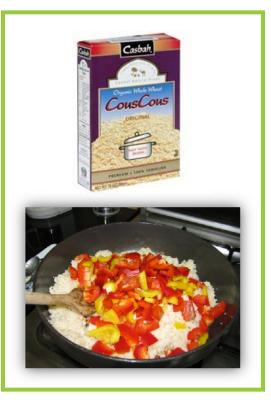






You'll Need for the Couscous:

- □ 1/3 cup couscous
- □ 2/3 cup chicken broth
- □ Bell Pepper
- □ Salt and pepper
- □ 1 tablespoon butter



Thursday Grocery List

Meal: Cuban Inspired Beans and Rice with Sesame Chicken

For the Rice You'll Need:

- □ ¾ cup short grained rice
- □ 1 tablespoon butter
- □ 1 cinnamon stick
- □ Salt

For the Beans You'll Need:

- \Box 15 oz. can black beans
- □ Olive oil
- □ Balsamic vinegar
- \square Salt
- □ Pepper
- □ Chili powder
- 🗆 Cumin
- □ Cayenne

For the Chicken You'll Need:

- One large chicken breast or two smaller ones
- □ Sesame seeds
- Olive oil
- □ Soy sauce

For Final Product You'll Need:

- 🗆 Lime
- □ Diced onion (Approximately 1/8 cup chopped)



