

# 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:

- ☐ 15 oz. can black beans
- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ 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)

