

Wednesday Grocery List

Meal: Guacamole Omelet, Eggs & Grits, and Cinnamon Oats

You'll Need for the Guacamole Omelet:

- ☐ 2 eggs
- ☐ Salt and Pepper
- ☐ 1/2 - 1 tablespoon milk
- ☐ 2 teaspoons of nutmeg
- ☐ Avocado
- ☐ Tomato
- ☐ Dash of Tobasco
- ☐ 2 tablespoons onion
- ☐ Extra Virgin Olive Oil (EVOO)
- ☐ Feta Cheese
- ☐ Lime



You'll Need for the Eggs and Grits:

- ☐ 1/4 cup grits
- ☐ 3/4 cup water
- ☐ Salt and pepper
- ☐ 1 tablespoon butter
- ☐ 1 egg
- ☐ EVOO
- ☐ Tomato
- ☐ Balsamic Vinegar



You'll Need for the Cinnamon Oatmeal:

- ☐ 1/2 cup oats
- ☐ 1 cup water
- ☐ 1 tablespoon butter
- ☐ Dried cherries or fruit of choice
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon brown sugar



Thursday Grocery List

Meal: Tuna Melt and Greek Chicken Wrap

For the Tuna Melt You'll Need

- ☐ 1 can chunk light tuna with water
- ☐ Salt and pepper
- ☐ EVOO or mayonnaise (your preference)
- ☐ White wine vinegar
- ☐ Tarragon
- ☐ Capers
- ☐ Brown Mustard
- ☐ Tomato
- ☐ Portobello Mushroom
- ☐ Sharp Cheddar Cheese



For the Wrap You'll Need:

- ☐ Greek Yogurt
- ☐ Lemon
- ☐ Salt
- ☐ Mint
- ☐ Dill
- ☐ Chicken already cooked
- ☐ Red Bell Pepper
- ☐ Cucumber
- ☐ Tomato
- ☐ Tortilla wrap

