Wednesday Grocery List

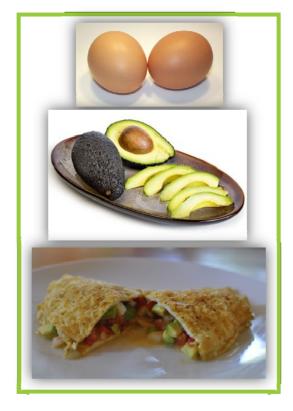
Meal: Guacamole Omelet, Eggs & Grits, and Cinnamon Oats

You'll Need for the Guacamole Omelet:

- \Box 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
- □ legg
- □ EVOO
- 🗆 Tomato
- □ Balsamic Vinegar





You'll Need for the Cinnamon Oatmeal:

- □ 1/2 cup oats
- □ 1 cup water
- \Box 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



