

# Wednesday Grocery List

## Meal: Swordfish with a Mediterranean Salsa Avocado & Mango Salsa

### For the Swordfish with Mediterranean Salsa You'll Need

- ☐ 1 swordfish
- ☐ Green olives of choice seeded
- ☐ Kalamata Olives (or similar olive) seeded
- ☐ Extra Virgin Olive Oil (EVOO)
- ☐ Onion
- ☐ Tomato
- ☐ Balsamic vinegar
- ☐ Cayenne pepper

### For the Avocado Mango Salsa You'll Need

- ☐ 1 mango
- ☐ 1 avocado
- ☐ 3 pickled jalapeno rounds
- ☐ 1 lime
- ☐ Salt and pepper
- ☐ Whole cumin seed



# Thursday Grocery List

## Meal: Ahi Tuna with Sesame Soy Ginger Sauce Best Potatoes on the Planet

### For the Tuna You'll Need

- ☐ 1 Ahi tuna
- ☐ EVOO



### For the Sesame Soy Ginger Sauce You'll Need

- ☐ Fresh ginger
- ☐ Sesame oil
- ☐ Soy sauce
- ☐ Rice wine vinegar
- ☐ Cayenne
- ☐ Sesame seeds
- ☐ Flour
- ☐ Butter
- ☐ Chicken broth



### For the Potatoes You'll Need

- ☐ 1 piece of bacon
- ☐ Onion
- ☐ Butter
- ☐ Sour cream
- ☐ Potatoes
- ☐ Salt and pepper
- ☐ EVOO (possibly)

