

Wednesday Grocery List

Meal: Beans and Greens Garlic Spiced Rice

For the Garlic Spiced Rice You'll Need

- ☐ Short grained rice
- ☐ Water
- ☐ Salt and pepper
- ☐ 1 garlic clove smashed
- ☐ 1 teaspoon butter

For the Beans and Greens You'll Need

- ☐ Pressure Cooker
- ☐ Package of raw white beans
- ☐ Chicken broth
- ☐ 1 bacon strip
- ☐ Spicy Italian sausage
- ☐ 1/2 large onion
- ☐ Collards
- ☐ White wine vinegar
- ☐ Tabasco
- ☐ Salt and pepper

Thursday Grocery List

Meal: Jerk Marinated Pork Chop with a side of Coo Coo Polenta, and Braised Brussels Sprouts

For the Pork Chop You'll Need

- ☐ 1 Pork Chop
- ☐ White wine vinegar
- ☐ Olive Oil
- ☐ Jerk seasoning

For the Coo Coo Polenta

- ☐ 2 cans of coconut milk
- ☐ Salt and pepper
- ☐ Cornmeal
- ☐ 1 can of whole kernel corn
- ☐ Butter
- ☐ Peppered Salami

For the Brussels Sprouts You'll Need

- ☐ Brussels sprouts
- ☐ Olive Oil
- ☐ Butter
- ☐ Salt and pepper
- ☐ Chicken stock