

Wednesday Grocery List

Meal: Butternut Squash Soup with a Side Salad

For the Squash Soup You'll Need:

- ☐ 1 Butternut Squash
- ☐ Chicken Stock
- ☐ Salt and pepper
- ☐ 1 cinnamon stick
- ☐ 1 large onion
- ☐ Butter
- ☐ 1/2 cup parmesan



For the Salad You'll Need:

- ☐ 1 bag of spinach
- ☐ Feta Cheese
- ☐ 1 Apricot or fruit of choice
- ☐ Walnuts
- ☐ Balsamic Vinegar
- ☐ Extra Virgin Olive Oil
- ☐ Salt and pepper
- ☐ Brown Mustard

Thursday Grocery List

Meal: Chicken Tortilla Soup

For the Stock You'll Need:

- ☐ 1 Roasted Chicken
- ☐ 4 Carrots
- ☐ 1 Celery stalk
- ☐ 1 large onion
- ☐ Salt
- ☐ Peppercorn
- ☐ 5 cloves of garlic
- ☐ Fresh ginger
- ☐ Rosemary

For the Soup You'll Need

- ☐ 1 medium onion
- ☐ Butter
- ☐ Extra virgin olive oil
- ☐ 1 habanero
- ☐ 1 can of corn
- ☐ 1 large can of diced tomatoes
- ☐ 1 small can of chopped chili's
- ☐ White wine vinegar
- ☐ Oregano
- ☐ Chicken from roasted chicken
- ☐ Salt and pepper
- ☐ 1 avocado
- ☐ 1 lime
- ☐ Corn tortillas