

# Grocery List

## Produce

2 cloves garlic  
1 teaspoon minced fresh thyme leaves  
2 sweet onions  
2 red bell peppers  
3 large carrots

## Frozen

Green beans (fresh is fine, too)  
Mixed vegetables

## Refrigerated

## Meat & Seafood

1 lb. pork tenderloin  
2 lbs. boneless, skinless chicken thighs  
4 salmon fillets (about 6 ounces each)

## Deli

Wholegrain baguette or dinner rolls

## Packaged

8 T. Dijon mustard (whole grain, creamy, or a combination of both)  
2 T. brown sugar  
1 T. olive oil  
24 ounce jar marinara sauce  
4 cups chicken broth  
1 (14.5 ounce) can petite diced tomatoes  
1/4 cup soy sauce  
1/2 cup maple syrup  
Couscous  
Brown rice