

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