**Wednesday, Spanish-style Rice with Nested Arugula**

**Produce**

garlic *(if needed)*

1 yellow onion

1 bag organic arugula

3 kiwis

**Canned/Dried Foods**

brown rice  *(if needed)*

one 15 oz. can no-salt chunky tomatoes

one 15 oz. can black beans

extra virgin olive oil  *(if needed)*

balsamic vinegar  *(if needed)*

molasses  *(if needed)*

honey  *(if needed)*

chili powder  *(if needed)*

dried oregano leaves  *(if needed)*

ground cumin  *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta cheese