

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - GYRO BEEF

3-4 POUND BEEF ROAST
1 TBSP KOSHER SALT
4 TSP MIDDLE EASTERN SEASONING (SEE LINK IN POST)
3 TBSP AVOCADO OIL
1 CUP BEEF OR CHICKEN BROTH
1 MEDIUM RED ONION
1 TBSP MINCED/GRATED GARLIC
PINCH CRUSHED RED PEPPER FLAKES
1 TBSP LEMON JUICE
1/2 CUP FRESH CHOPPED CILANTRO

MONDAY - MEDITERRANEAN CHX

2 TBSP AVOCADO OIL
1 LB B/S CHICKEN BREASTS
4 CLOVES GARLIC 1
1 13-OZ CAN FULL-FAT COCONUT MILK
1/2 CUP SUN-DRIED TOMATOES
1/2 CUP KALAMATA OLIVES
2 TBSP TAPIOCA FLOUR
2 TO 4 MEDIUM-SIZED ZUCCHINI SQUASH

THURSDAY - GRILLED WHITE FISH

4-6 WHITE FISH FILLETS (ABOUT 4-6 OUNCES EACH)
SEA SALT
1/4 CUP EXTRA-VIRGIN OLIVE OIL
1 LARGE GARLIC CLOVE
1-2 TABLESPOONS MINCED FRESH HERBS (DILL, THYME, BASIL, MINT)
SALAD OR VEG SIDE DISH

DESSERT - PINEAPPLE SMOOTHIE

5 CUPS OF PINEAPPLE CHUNKS (ABOUT 1/2 OF A PINEAPPLE)
1/2 CUP NON-DAIRY MILK
2 CUPS OF ICE SWEETENER, TO TASTE
7-8 FRESH BASIL LEAVES
1/2 OF A LIME

TUESDAY - GRILLED VEG SALAD

3-4 POUND BEEF ROAST
1 TBSP KOSHER SALT
4 TSP MIDDLE EASTERN SEASONING (SEE LINK IN POST)
3 TBSP AVOCADO OIL
1 CUP BEEF OR CHICKEN BROTH
1 MEDIUM RED ONION
1 TBSP MINCED/GRATED GARLIC
PINCH CRUSHED RED PEPPER FLAKES
1 TBSP LEMON JUICE
1/2 CUP FRESH CHOPPED CILANTRO

WEDNESDAY - LETTUCE WRAPS

1 CUP RED ONION
1 LB GROUND TURKEY
2 LARGE CARROTS
1 CUP RED CABBAGE
3 TBSP PEANUT/ALMOND BUTTER
2 TBSP LIQUID OR COCONUT AMINOS
1 TBSP RED CURRY PASTE
1 TSP FISH SAUCE, OPTIONAL
1 HEAD BUTTER LEAF LETTUCE
1 BUNCH GREEN ONION
1/3 CUP RAW OR ROASTED CASHEWS

FRIDAY - HONEY GARLIC CHICKEN

3 LBS BONELESS SKINLESS CHICKEN THIGHS (8 THIGHS)
1/3 CUP HONEY
1/4 CUP FRESH LEMON JUICE
1 TBSP LIQUID AMINOS OR SOY SAUCE
2 TBSP RICE VINEGAR
5 CLOVES GARLIC