

# HEALTHY MEAL PLAN

## GROCERY LIST

### SUNDAY - LIME GRILLED CHICKEN

8 SKINLESS, BONELESS CHICKEN THIGHS OR 3-4 CHICKEN BREASTS  
1 TEASPOON KOSHER SALT  
1 TEASPOON LIME ZEST  
1/3 CUP LIME JUICE  
3 TABLESPOONS AVOCADO OIL  
1 CUP PACKED FRESH HERBS (BASIL, CILANTRO, DILL, MINT, ETC)  
1 LARGE GARLIC CLOVE, PEELED  
CHOICE OF SALAD OR VEG FOR SIDE

### MONDAY - VEG CURRY SOUP

2 TBSP COCONUT OIL OR OLIVE OIL  
1/2 MEDIUM YELLOW ONION  
6 SWEET BABY PEPPERS OR ONE LG  
2 LARGE CARROTS  
5 CLOVES GARLIC  
1 TBSP FRESH GINGER  
1/2 MEDIUM HEAD CAULIFLOWER  
1 1/2 CUPS GREEN BEANS  
2 TBSP YELLOW CURRY POWDER  
1/2 TSP RED PEPPER FLAKES  
1 (14-OZ) CAN FULL-FAT COCONUT MILK  
3 CUPS VEGETABLE BROTH

### THURSDAY - GARLIC BUTTER SALMON

5-6 SALMON FILLETS  
SEA SALT  
4 CUPS QUICK COOKING VEG  
1/3 CUP MELTED BUTTER OR GHEE  
3 GRATED GARLIC CLOVES  
1/2 TEASPOON LEMON ZEST  
JUICE FROM 1/2 OF A LEMON  
1-2 TEASPOONS FRESH THYME LEAVES OR 1/4 TSP DRIED THYME

### DESSERT - PB PROTEIN BITES

1 1/4 CUP ALMOND FLOUR  
1/4 CUP VANILLA PROTEIN POWDER  
1/4 CUP PB PROTEIN POWDER  
1/4 CUP SMOOTH OR CRUNCHY PB  
1/4 CUP COCONUT OIL  
2 TABLESPOONS HONEY  
1 TEASPOON VANILLA EXTRACT  
1/4 TEASPOON SEA SALT  
1/3 CUP FREEZE-DRIED STRAWBERRIES (OPT)

### TUESDAY - GRILLED SHRIMP TACOS

8 OUNCES LARGE RAW SHRIMP  
1 TABLESPOON TACO SEASONING  
1 TABLESPOON AVOCADO OIL  
1 LIME  
SMALL GRAIN-FREE TORTILLAS  
1/2 CUP CRUMBLED MEXICAN COTIJA CHEESE (OPT)  
1 1/2 - 2 CUPS DICED PINEAPPLE  
1 AVOCADO  
1 SMALL JALAPEÑO  
1/4 CUP MINCED RED ONION  
1/4 CUP CHOPPED  
FRESH CILANTRO SEA SALT

### WEDNESDAY - PESTO CHX SALAD

4 CUPS ROTISSERIE CHICKEN  
1/2 CUP RED ONION  
1 LARGE RIPE AVOCADO  
2/3 CUP SUN-DRIED TOMATOES  
2/3 CUP PESTO SAUCE  
1/4 TSP BLACK PEPPER

### FRIDAY - TACO STUFFED SQUASH

3 MEDIUM DELICATA SQUASH  
2 TBSP AVOCADO OIL  
1 SMALL RED ONION  
1 LB GROUND BEEF  
1 TBSP CHILI POWDER  
1/4 CUP CHICKEN BROTH/WATER  
1 BELL PEPPER  
2 CUPS GRATED CHEDDAR  
3 STALKS GREEN ONION