

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - BEEF & CABBAGE SOUP

2 TBSP AVOCADO OIL
1 MEDIUM YELLOW ONION
3 LARGE CARROTS
4 CLOVES GARLIC
1 LB GROUND BEEF
4 LARGE RIPE TOMATOES
4 CUPS CHICKEN/BEEF BROTH
1 TBSP ITALIAN SEASONING
¼ TSP BLACK PEPPER
1 LARGE GREEN CABBAGE

TUESDAY - MED SHEET PAN CHX

3.5 LBS BONE-IN SKIN ON CHICKEN THIGHS
6 TBSP AVOCADO OIL
2 TSP LEMON ZEST
2 TBSP LEMON JUICE
5 CLOVES GARLIC
1 ZUCCHINI
½ RED ONION
10 OUNCES CHERRY TOMATOES
1 8-OZ BLOCK FETA CHEESE
5 OUNCES PITTED GREEN OLIVES
(¾ CUP) 1 TSP DRIED PARSLEY
1 TSP DRIED OREGANO

THURSDAY - MEX SHREDDED BEEF

2 TBSP AVOCADO OIL
3 TO 5 LBS BEEF CHUCK ROAST
1 TBSP CHILI POWDER
2 TSP PAPRIKA
1 YELLOW ONION
5 CLOVES GARLIC
2 CUPS BEEF BROTH
1 CUP ORANGE JUICE
2 TBSP COCONUT SUGAR, OPTIONAL
2 TBSP FRESH LIME JUICE
TACO FIXINGS OR BURRITO BOWL FIXINGS

DESSERT - SW POT BROWNIES

1 CUP MASHED COOKED SWEET POTATO
1 CUP UNSWEETENED ALMOND BUTTER
2 LARGE EGGS
⅔ CUP PURE MAPLE SYRUP
2 TSP PURE VANILLA EXTRACT ⅓ CUP
COCOA POWDER
½ TSP BAKING SODA
½ TSP GROUND CINNAMON
1 CUP CHOCOLATE CHIPS

MONDAY - CHIPOTLE SALMON

12-16 OZ SALMON FILLETS
½ TEASPOON SEA SALT
1 MINCED CHIPOTLE PEPPER
1 TABLESPOON COCONUT SUGAR
OR HONEY
1 ORANGE
2 LARGE LIMES
2 TABLESPOONS GRASS-FED
BUTTER OR OLIVE OIL
CHOICE OF SIDE (GRAINS OR
SALAD GREENS)

WEDNESDAY - BBQ SHEET PAN CHX

8-10 CHICKEN TENDERLOINS
1 TSP STEAK SEASONING
2-3 CUPS BROCCOLI FLORETS
2 CUPS PINEAPPLE CHUNKS
(FRESH OR CANNED)
2 TABLESPOONS AVOCADO OIL
SEA SALT
1 CUP BBQ SAUCE (ANY)
¼ CUP PINEAPPLE JUICE (OPT)
¼ CUP TAMARI OR COCONUT
AMINOS
1 TBSP GRATED FRESH GINGER
2 GARLIC CLOVES
RICE, CAULI RICE, OR SALAD
GREENS FOR SERVING

FRIDAY - VEG PALEO CHILI

2 TBSP AVOCADO OIL
1 MEDIUM RED ONION
1 GREEN BELL PEPPER
1 RED BELL PEPPER
1 MEDIUM SWEET POTATO
2 1/2-3 CUPS CUBED BUTTERNUT SQUASH
4 GARLIC CLOVES
1 TBSP CHILI POWDER
1 TSP GROUND CUMIN
1 TSP CAYENNE PEPPER
2 TSP UNSWEETENED COCOA POWDER
¼ TSP GROUND CINNAMON
SEA SALT AND BLACK PEPPER
1 28-OUNCE CAN DICED TOMATOES
2 CUPS VEGETABLE BROTH
½ CUP CHOPPED FRESH CILANTRO