

# HEALTHY MEAL PLAN

## GROCERY LIST

### SUNDAY - ZA'ATAR CHX SALAD

1 1/2- 2 LBS CHICKEN THIGH/ BREASTS  
2 1/4 TSP SEA SALT  
2 1/2 TBSP ZA'ATAR SEASONING  
2 LEMONS  
3 TABLESPOONS AVOCADO OIL  
8 OZ BLOCK FETA CHEESE  
2 HEADS OF ROMAINE LETTUCE  
1 ENGLISH CUCUMBER  
1 CUP CHERRY OR GRAPE TOMATOES  
3 TBSP EXTRA-VIRGIN OLIVE OIL  
1 CLOVE OF GARLIC

### TUESDAY - BACON LETTUCE WRAPS

12-16 OUNCE PACKAGE OF BACON  
2 LARGE RIPE TOMATOES  
2-3 RIPE AVOCADOS  
6 HARD-BOILED EGGS  
2-3 HEADS OF BABY ROMAINE  
1/2 CUP OF PALEO MAYONNAISE  
2 TABLESPOONS DIJON MUSTARD  
1 GARLIC CLOVE, MINCED  
A FEW PINCHES OF SEA SALT  
1-2 TABLESPOONS MILK (ANY)

### THURSDAY - SALMON BOWLS

1 1/2 POUNDS SALMON FILLETS  
8 OUNCES ASPARAGUS  
KOSHER SALT  
1/4 + 2 TABLESPOONS AVOCADO OIL  
1 1/2 CUPS LOOSELY PACKED CHOPPED FRESH HERBS (DILL, CHIVES, PARSLEY, BASIL)  
3 GARLIC CLOVES  
1 LEMON  
1/2 TEASPOON ANCHOVY PASTE  
1/2 CUP PLAIN GREEK YOGURT  
1/4 CUP MAYONNAISE

### DESSERT - PB BROWNIES

8 OUNCES DARK CHOCOLATE (CHIPS OR CHOPPED BULK CHOCOLATE)  
4 TABLESPOONS BUTTER OR COCONUT OIL  
5 EGGS  
1 CUP SMOOTH PEANUT BUTTER  
1 CUP COCONUT SUGAR

### MONDAY - STEAK KABOBS

1 POUND STEAK  
4 TBSP AVOCADO OIL  
4 TBSP LIQUID AMINOS OR SOY SAUCE  
1 TSP GARLIC POWDER  
1 TSP ONION POWDER  
1 RED BELL PEPPER  
1 GREEN BELL PEPPER  
1 ORANGE BELL PEPPER  
1 RED ONION

### WEDNESDAY - BLUEBERRY SALAD

5 OUNCES BABY SPINACH  
5 OUNCES HEARTS OF ROMAINE  
1 LARGE RIPE AVOCADO  
6 OUNCES FETA CHEESE  
1 1/2 CUPS FRESH BLUEBERRIES  
1/2 CUP ROASTED SALTED SUNFLOWER SEEDS  
1/4 CUP RAW PUMPKIN SEEDS  
BALSAMIC VINAIGRETTE

### FRIDAY - SHEET PAN SHRIMP

1 LB (16 OZ) RAW SHRIMP  
5 TBSP AVOCADO OIL  
1 LEMON  
3 CLOVES GARLIC  
1 ZUCCHINI  
1/2 RED ONION  
10 OUNCES CHERRY TOMATOES  
1 (8-OZ) BLOCK FETA CHEESE  
6 OUNCES PITTED KALAMATA OLIVES (3/4 CUP)  
2 TSP ITALIAN SEASONING