

MEAL PLAN

GROCERY LIST

SUNDAY - TERIYAKI CHICKEN

1 MEDIUM-SIZED YELLOW ONION
6 TO 8 CUPS GREEN CABBAGE
1 LARGE CARROT
1 RED BELL PEPPER
1.5 POUNDS BONELESS SKINLESS CHICKEN BREASTS
5 STALKS GREEN ONION
5 TBSP LIQUID AMINOS OR SOY SAUCE
2 TBSP RICE VINEGAR
2 TBSP HONEY OR PURE MAPLE SYRUP
4 LARGE CLOVES GARLIC
1 TBSP FRESH GINGER
1 TBSP TAPIOCA FLOUR OR CORNSTARCH

TUESDAY - SOUTHWEST SALAD

5 OUNCES SPRING GREENS
4 CUPS COOKED CHICKEN
1 (14-OUNCE) CAN BLACK BEANS
1 (14-OZ) CAN WHOLE CORN KERNELS
1 CUP CHERRY TOMATOES
1 LARGE RIPE AVOCADO
 $\frac{2}{3}$ CUP RED ONION
 $\frac{3}{4}$ CUP CHEDDAR CHEESE
 $\frac{2}{3}$ CUP FRESH CILANTRO
SEE POST FOR DRESSING OPTIONS

THURSDAY - CURRY SOUP

$\frac{1}{2}$ YELLOW ONION
1 RED BELL PEPPER
2 LARGE CARROT
3 CLOVES GARLIC
1 TBSP FRESH GINGER
 $\frac{1}{2}$ HEAD CAULIFLOWER
2 TBSP YELLOW CURRY POWDER
 $\frac{1}{2}$ TSP RED PEPPER FLAKES
1 CAN FULL-FAT COCONUT MILK
3 CUPS VEGETABLE BROTH
2 TBSP LIME JUICE
2 TSP PURE MAPLE SYRUP
1 BUNCH GREEN ONIONS

DESSERT - NO-BAKE COOKIES

1 CUP CREAMY PEANUT BUTTER
 $\frac{1}{2}$ CUP PURE MAPLE SYRUP
 $\frac{1}{2}$ CUP COCONUT OIL OR BUTTER
2 TSP PURE VANILLA EXTRACT
2 $\frac{1}{2}$ CUPS ROLLED OATS

MONDAY - PEANUT NOODLES

1 TBSP COCONUT SUGAR
1 TBSP FISH SAUCE
3 LIMES
ASIAN CHILI PASTE
 $\frac{1}{2}$ CUP CREAMY PEANUT BUTTER
 $\frac{1}{4}$ CUP RICE VINEGAR
3-4 TBSP COCONUT SUGAR OR HONEY
1 TBSP FRESH GINGER
8 OUNCES FLAT RICE NOODLES
10 OUNCES GRATED CABBAGE
 $\frac{1}{2}$ BUNCH FRESH CILANTRO

WEDNESDAY - SUSHI BOWLS

1 LB SUSHI-GRADE AHI TUNA STEAK
 $\frac{1}{4}$ CUP COCONUT AMINOS
 $\frac{1}{3}$ CUP RICE VINEGAR
4 TSP SESAME OIL
 $\frac{1}{2}$ CUP MAYONNAISE
2 TBSP SRIRACHA
STEAMED WHITE RICE OR SALAD GREENS
1 ENGLISH CUCUMBER
2 AVOCADOS
1 PACKAGE PEA SPROUTS
1 PACKAGE SEAWEED SNACKS
TOASTED SESAME SEEDS, PICKLED GINGER, FOR GARNISH.

FRIDAY - CAJUN SKILLET

4 TBSP BUTTER
1 SMALL ONION
2 CUP CARROTS OR BELL PEPPERS
3 GARLIC CLOVES
1 $\frac{1}{2}$ CUPS PRE-COOKED SAUSAGE
1 $\frac{1}{2}$ CUPS WHITE RICE
2 TSP CAJUN SPICE BLEND
2 TSP ALL-PURPOSE SEASONING
1 (15-OZ) CAN DICED TOMATOES
2 CUPS BROTH (ANY)
2 HANDFULS OF BABY GREENS (SPINACH, KALE, ETC.)