

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - TOMATO SOUP

3 POUNDS MIXED TOMATOES
6 CLOVES GARLIC
2 SMALL YELLOW ONIONS
1/2 CUP COCONUT OR AVOCADO OIL
SALT AND GROUND BLACK PEPPER
1 QT CHICKEN OR VEGETABLE STOCK
2 BAY LEAVES
4 TBSP GHEE OR GRASS-FED BUTTER
1/2 TSP SALT

TUESDAY - STEAK FAJITAS

2 TABLESPOONS OIL
2 TABLESPOONS COCONUT AMINOS
4 TEASPOONS TACO SEASONING
2 TEASPOONS COCONUT SUGAR
2 TEASPOONS HOT SAUCE
2 LIMES
1 1-2 POUND FLANK STEAK
1/2 TEASPOON SALT
2 BELL PEPPERS, ANY COLOR
2 MEDIUM YELLOW ONIONS
FRESH, CHOPPED CILANTRO
PALEO OR GLUTEN-FREE TORTILLAS
FAJITA TOPPINGS

THURSDAY - SHRIMP ROLLS/BOWLS

1 1/2 CUPS SUSHI RICE OR SHORT WHITE RICE
4 TABLESPOONS RICE VINEGAR
SEA SALT & SWEETENER
1 TABLESPOON COCONUT OIL
1 POUND SHRIMP, NO PEELS AND TAILS
2 TBSP + 1 TSP TAMARI OR COCONUT AMINOS
1 LIME
2 TABLESPOONS MAYONNAISE
1-2 TABLESPOONS SRIRACHA SAUCE
4-5 NORI SEAWEED WRAPPERS
1/2 ENGLISH CUCUMBER
1/2 AVOCADO

DESSERT - FROZEN YOGURT

1 1/2 CUPS FROZEN/FRESH STRAWBERRIES
3 CUPS GREEK YOGURT (HONEY OR PLAIN)
1/3 CUP FRESHLY SQUEEZED ORANGE JUICE (ABOUT 1 LARGE NAVEL ORANGE)
1 TEASPOON VANILLA EXTRACT
SWEETENER, TO TASTE (OPTIONAL)

MONDAY - THAI CHICKEN BOWLS

1 TBSP AVOCADO OIL
1 YELLOW ONION
1 HEAD GREEN CABBAGE
1 LARGE CARROT
1 RED BELL PEPPER
1 LB B/S CHICKEN BREASTS
4 LARGE CLOVES GARLIC
1 TBSP FRESH GINGER
5 STALKS GREEN ONION
2 TBSP SUNFLOWER SEED BUTTER OR PEANUT BUTTER
2 TBSP LIQUID AMINOS
1 TBSP RICE VINEGAR
1 TBSP PURE MAPLE SYRUP
1/2 TSP CURRY POWDER

WEDNESDAY - SALMON SALAD

4 (6-OZ) CANS WILD-CAUGHT SALMON
1 CUP DILL PICKLES
1/2 CUP PEPPERONCINIS
1 LARGE RIPE AVOCADO
4 GREEN ONIONS
4 TBSP DIJON MUSTARD
3 TO 4 TBSP FRESH HERBS (OPTIONAL)

FRIDAY - CUBAN MOJO CHICKEN

3 LBS B/S CHICKEN THIGHS
1/2 CUP ORANGE JUICE
1 TSP LIME ZEST OR LEMON ZEST
2 TBSP FRESH LIME OR LEMON JUICE
1/4 CUP AVOCADO OIL
2 TSP PURE MAPLE SYRUP
2 CLOVES GARLIC
1/2 TSP ONION POWDER
1/2 TSP GROUND GINGER
1/2 TSP GROUND CUMIN