

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - SP SQUASH & MSHRMS

8 OUNCES BABY BELLA MUSHROOMS
1/3 CUP DRIED PORCINI MUSHROOMS
6 GARLIC CLOVES, PEELED
1/2 CUP BEEF BROTH
1/2 CUP COCONUT AMINOS
2 TBSP RED WINE VINEGAR
2 1/2 POUND SPAGHETTI SQUASH
1 TBSP AVOCADO OIL
SEA SALT AND BLACK PEPPER
2 SPRIGS OF FRESH ROSEMARY
2 TBSP COCONUT CREAM

TUESDAY - DILL GARLIC SALMON

6 SALMON FILLETS
SALT
1/3 CUP PALEO MAYONNAISE
1 CLOVE GARLIC
1 TBSP CHOPPED FRESH CHIVES (OR DRIED)
3 TBSP CHOPPED FRESH DILL (OR DRIED)
1 TBSP NUTRITIONAL YEAST (OR PARMESAN)
1/2 OF A LEMON

THURSDAY - BBQ PULLED PORK

1 PORK SHOULDER (BUTT) ROAST, 6-7 POUNDS
1/4 CUP STEAK SEASONING
2 TEASPOONS SEA SALT
1/4 CUP AVOCADO OIL
1 CUP CHICKEN BROTH OR WATER
2-3 CUPS BBQ SAUCE OF YOUR CHOICE

DESSERT - APPLE COOKIES

1/2 CUP + 1 TBSP BUTTER
1 CUP COCONUT SUGAR
1/4 CUP + 2 TBSP MILK (ANY KIND)
1 1/4 C NAMASTE GLUTEN-FREE FLOUR
1 EGG
SALT
1 TEASPOON CINNAMON
1/4 TEASPOON NUTMEG
1/4 TEASPOON CLOVES
3/4 TEASPOON BAKING SODA
2 CUPS CHOPPED TART APPLE
1/3 CUP PURE MAPLE SYRUP
1 1/2 TEASPOONS TAPIOCA FLOUR
1/2 TEASPOON MAPLE FLAVORING

MONDAY - THAI CHX CURRY

2 LBS CHICKEN BREASTS
2 (15-OZ) CANS FULL-FAT COCONUT MILK
1 YELLOW ONION
6 CLOVES GARLIC
1 TBSP FRESH GINGER
5 TBSP RED CURRY PASTE
1 TBSP FISH SAUCE
1 TBSP PURE MAPLE SYRUP
1 TBSP RICE VINEGAR
2 LARGE CARROTS
1 ZUCCHINI
1 HEAD BROCCOLI

WEDNESDAY - CABBAGE ROLL SOUP

1 TBSP AVOCADO OIL
1 MEDIUM YELLOW ONION
2 LARGE CARROTS
4 CLOVES GARLIC
1 SMALL HEAD GREEN CABBAGE
1 LB GROUND BEEF
2 VINE-RIPENED TOMATOES
1 (16-OZ) CAN TOMATO SAUCE
4 CUPS CHICKEN BROTH OR BEEF BROTH
1 TBSP ITALIAN SEASONING
3 CUPS COOKED BROWN RICE OR WHITE RICE, OPTIONAL

FRIDAY - TURKEY VEG SOUP

4 SLICES THICK-CUT BACON
1/2 YELLOW ONION
1 LB GROUND TURKEY OR TURKEY ITALIAN SAUSAGE
4 YUKON GOLD POTATOES
2 LARGE CARROTS
1 MEDIUM ZUCCHINI SQUASH
4 CUPS CHICKEN BROTH
1 CAN COCONUT MILK
4 CUPS BABY SPINACH