

# HEALTHY MEAL PLAN

## GROCERY LIST

### SUNDAY - MEXICAN CHICKEN

3 LBS BONELESS SKINLESS CHICKEN THIGHS  
1 (7-OZ) CAN DICED GREEN CHILIS  
½ LARGE YELLOW ONION  
1 CAN ENCHILADA SAUCE  
1 CUP SALSA  
FIXINGS FOR TACOS OR TACO SALAD

### TUESDAY - CHILE LIME COD

1.5 LBS COD, CUT INTO FILETS  
¼ CUP AVOCADO OIL  
ZEST OF 1 LIME  
2 TBSP LIME JUICE  
1 LARGE CLOVE GARLIC  
1.5 TSP CHILI POWDER  
1 TSP GROUND PAPRIKA  
2 TSP DRIED OREGANO  
¼ TSP BLACK PEPPER

### THURSDAY - LEMON CHX THIGHS

2 LBS BONELESS SKINLESS CHICKEN THIGHS (8 THIGHS)  
2 TBSP AVOCADO OIL  
2 LEMONS  
8 CLOVES GARLIC  
1 TSP PAPRIKA

### DESSERT - CRAN-ORANGE CAKE

3 EGGS  
¾ CUP COCONUT OIL  
½ CUP PURE MAPLE SYRUP  
1 TSP VANILLA EXTRACT  
2 ⅔ CUPS ALMOND FLOUR  
½ CUP TAPIOCA FLOUR  
2 TBSP GROUND CINNAMON  
1.5 TSP BAKING POWDER  
1 TBSP ORANGE ZEST  
1 CUP FRESH CRANBERRIES  
¾ CUP RAW PECANS  
⅔ CUP COCONUT SUGAR

### MONDAY - BNUT SQ SOUP

2 LB CUBED BUTTERNUT SQUASH  
1 1/2 POUNDS SWEET POTATOES  
1 MEDIUM ONION  
3 GARLIC CLOVES  
1 TABLESPOON SMOKED PAPRIKA  
2 TEASPOONS GROUND CUMIN  
1/2 TEASPOON SEA SALT  
1/4 TEASPOON GROUND CAYENNE  
2 TABLESPOONS AVOCADO OIL  
1 1/2 QUARTS CHICKEN BROTH  
1/2 CUP HEAVY CREAM OR COCO CREAM  
JUICE FROM 1 LIME  
BACON  
FROZEN CORN (OPT)

### WEDNESDAY - CHX RICE SOUP

4 TABLESPOONS BUTTER OR OIL  
1 CUP CHOPPED ONION  
1 CUP CHOPPED CARROT  
1 CUP CHOPPED CELERY  
6 CLOVES GARLIC  
1 TABLESPOON NO-SALT SEASONING  
1 TABLESPOON SEA SALT  
1/2 TEASPOON DRIED DILL  
1/2 TEASPOON DRIED THYME  
1/2 TEASPOON BLACK PEPPER  
2 BAY LEAVES  
1 1/2 POUNDS B/S CHICKEN THIGHS  
1 QUART CHICKEN BROTH  
3 CUPS WATER  
1 CUP WILD RICE  
1 1/2 CUPS MILK OF ANY TYPE  
1/3 CUP TAPIOCA STARCH

### FRIDAY - THAI SHRIMP CURRY

1 TBSP OIL  
1/2 CUP DICED RED ONION  
1 BROCCOLI CROWN  
1 CUP DICED FRESH PINEAPPLE  
4-5 OUNCES SUGAR SNAP PEAS  
1 CUP COCONUT MILK/CREAM  
3 TBSP THAI GREEN CURRY PASTE  
1-2 TSP ASIAN CHILI PASTE  
1/2 OF A LEMON  
1 POUND UNCOOKED LARGE SHRIMP,  
PEELED AND TAILS REMOVED  
2-3 MEDIUM ZUCCHINI, SPIRALIZED  
2 TEASPOONS SESAME SEEDS