

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - TURKEY SOUP

1 TBSP AVOCADO OIL
1 YELLOW ONION
4 CLOVES GARLIC
1 POUND GROUND TURKEY
1 TBSP ITALIAN SEASONING
1 GREEN BELL PEPPER
1 LARGE CARROT
1 MEDIUM-SIZED ZUCCHINI
1 SMALL CROWN BROCCOLI
½ CUP SUN-DRIED TOMATOES
1 (15-OZ) CAN DICED TOMATOES
6 CUPS LOW-SODIUM CHICKEN BROTH
2 TO 3 CUPS COOKED BROWN RICE
5 OUNCES BABY SPINACH
¼ TSP RED PEPPER FLAKES

TUESDAY - PORK CHOPS

2 TBSP AVOCADO OIL
4 TO 5 PORK CHOPS
2 TBSP UNSALTED BUTTER
1 LARGE YELLOW ONION
8 OUNCES BABY BELLA MUSHROOMS
5 CLOVES GARLIC
2 TBSP GLUTEN-FREE AP FLOUR
1 ½ CUPS BEEF BROTH
2 TSP DIJON MUSTARD
2 TSP WORCESTERSHIRE SAUCE
1 TBSP DRIED OREGANO

FRIDAY - IT SAUSAGE SKILLET

1 LB GROUND ITALIAN CHICKEN SAUSAGE
2 BROCCOLI CROWNS
½ SMALL HEAD CABBAGE
1 RED BELL PEPPER
½ TEASPOON SEA SALT
2 TABLESPOONS AVOCADO OIL
¼ CUP RED WINE VINEGAR
OPT TOPPINGS: GRATED PARMESAN CHEESE, FRESH BASIL, RED PEPPER FLAKES

DESSERT - CHOC CHIP COOKIES

1½ CUPS ALMOND FLOUR
½ TEASPOON BAKING POWDER
¼ TEASPOON BAKING SODA
½ TEASPOON GROUND CINNAMON
1 EGG
¼ CUP BUTTER OR COCONUT OIL
3 TBSP PURE MAPLE SYRUP
1 TSP PURE VANILLA EXTRACT
½ CUP CHOCOLATE CHIPS
2/3 CUP RAW WALNUTS

MONDAY - SHRIMP CURRY

3 TBSP COCONUT OIL
1 MEDIUM ONION
3 TBSP THAI CURRY PASTE
2 13-OZ CANS FULL-FAT COCONUT MILK
¼ CUP COCONUT SUGAR
3 TABLESPOONS FISH SAUCE
2 LIMES
2 MEDIUM RUSSET POTATOES
3 LARGE CARROTS
1 POUND MEDIUM SHRIMP
FRESH CHOPPED CILANTRO

WEDNESDAY - CHX PHO SOUP

1 ½ LBS B/S CHX BREASTS OR THIGHS
2 ½ QUARTS CHICKEN BROTH
5 STAR ANISE PODS
2 CINNAMON STICKS
2 INCH KNOB OF GINGER
2 GARLIC CLOVES
¼ CUP GF SOY SAUCE OR TAMARI
1 TABLESPOON HONEY
1 TABLESPOON FISH SAUCE
2 MEDIUM ZUCCHINI, SPIRALIZED
½ CUP CHOPPED FRESH CILANTRO
½ CUP CHOPPED FRESH BASIL
2-3 LIMES CUT INTO WEDGES
ADDITIONAL GARNISHES (OPTIONAL):
MUNG BEAN SPROUTS, CHILI GARLIC SAUCE, SLICED JALAPEÑOS

THURSDAY - SALSBURY STEAK

1 POUND GROUND BEEF
1 LARGE YELLOW ONION
1/3 CUP GLUTEN-FREE BREADCRUMBS
1 LARGE EGG
1 TBSP KETCHUP
1 TBSP DIJON MUSTARD
2 TSP WORCESTERSHIRE SAUCE
½ TEASPOON DRIED OREGANO
2 TBSP AVOCADO OIL
2 TBSP UNSALTED BUTTER
2 CLOVES GARLIC
8 OUNCES CREMINI MUSHROOMS
2 TBSP GLUTEN-FREE AP FLOUR
1 ½ CUPS BEEF STOCK