

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - SHEET PAN CHX

1 RED BELL PEPPER
½ RED ONION
1 SMALL YELLOW SQUASH
1 SMALL HEAD BROCCOLI
2 LARGE CARROTS
2 TBSP AVOCADO OIL
1 TSP GARLIC POWDER
1.5 TO 2 LBS BONELESS SKINLESS CHICKEN THIGHS
⅓ CUP COCONUT AMINOS
2 TBSP AVOCADO OIL
2 TBSP SESAME OIL
4 LARGE CLOVES GARLIC
2 TSP SRIRACHA
2 TSP FISH SAUCE

WEDNESDAY - BLACKENED SALMON

4 LARGE SALMON FILLETS
4 TEASPOONS BLACKENING SEASONING (RECIPE LINK IN POST)
1 LEMON (OPTIONAL)
AVOCADO OIL, FOR FRYING
YOUR CHOICE OF SIDE: GRILLED/ROASTED VEG, SALAD, AND OR COOKED GRAINS

THURSDAY - BEET PESTO PIZZA

1 LB GLUTEN-FREE PIZZA DOUGH
2 CUPS KALE LEAVES THINLY SLICED
1 1/2 CUPS MOZZARELLA CHEESE
2 TO 4 OUNCES GOAT CHEESE
1 MEDIUM-SIZED RED BEET (1 CUP)
3 CLOVES GARLIC
½ CUP WALNUTS
1 CUP PARMESAN CHEESE
½ CUP OLIVE OIL
2 TBSP FRESH LEMON JUICE

DESSERT - STRAWBERRY CRUMBLE

12 OUNCES FROZEN MIXED BERRIES
1 TBSP TAPIOCA FLOUR
3 TBSP PURE MAPLE SYRUP
2 TBSP FRESH LEMON JUICE
3 TBSP COCONUT OIL
4 TBSP PURE MAPLE SYRUP
1 CUP FINE ALMOND FLOUR
1 TSP PURE VANILLA EXTRACT
¼ TSP ALMOND EXTRACT
½ TSP GROUND CINNAMON
¼ TSP BAKING SODA

MONDAY - PORK TACOS

1 PORK TENDERLOIN
1 TABLESPOON AVOCADO OIL
1 TABLESPOON KOSHER SALT
1 TABLESPOON CHILI POWDER
1 TEASPOON GROUND CUMIN
1 TEASPOON GARLIC POWDER
1 TEASPOON FINELY GROUND PEPPER
2 LIMES
1 PINEAPPLE, CUT INTO SPEARS
TORTILLAS AND TACO FIXINGS

TUESDAY - CREAMY KALE SALAD

1 LARGE BUNCH KALE
1 LARGE LEMON
1 (15-OZ) CAN GARBANZO BEANS
1 LARGE RIPE AVOCADO
2/3 CUP PARMESAN CHEESE
½ CUP DRIED CRANBERRIES
½ CUP FINELY CHOPPED RED ONION
⅓ CUP SUNFLOWER SEEDS
⅓ CUP PUMPKIN SEEDS
5 TBSP AVOCADO OIL
3 TBSP FRESH LEMON JUICE
1 TSP DIJON MUSTARD
¼ CUP FRESH PARSLEY
1 SMALL CLOVE GARLIC

FRIDAY - LENTIL CURRY

4 TABLESPOONS OIL
1 MEDIUM RED OR YELLOW ONION
1 CLOVE GARLIC
1-INCH KNOB OF GINGER
1 TEASPOON BLACK MUSTARD SEEDS
1 TEASPOON TURMERIC
1/2 TEASPOON GROUND CUMIN
3 CUPS VEG OR CHICKEN BROTH
1 CUP RED LENTILS
1 CUP FULL-FAT COCONUT MILK
1/2 TEASPOON SEA SALT
PINCH OF CRUSHED PEPPER FLAKES (OPTIONAL)
JUICE FROM 1/2 LEMON
1/2 TEASPOON GARAM MASALA
FRESHLY CHOPPED CILANTRO, FOR GARNISH