

HEALTHY MEAL PLAN

GROCERY LIST

MONDAY - HONEY CHICKEN

1 TBSP AVOCADO OIL
1 TSP TOASTED SESAME OIL
1 LB BONELESS SKINLESS CHICKEN THIGHS (4 THIGHS)
4 CLOVES GARLIC
3 TBSP HONEY
2 TBSP RICE VINEGAR
2 TBSP LIQUID AMINOS, SOY SAUCE, OR COCONUT AMINOS

TUESDAY - SMASH BURGERS

1 TBSP AVOCADO OIL
3 MED SWEET ONIONS
2-3 LARGE JALAPENOS
1 1/2 POUNDS GROUND BEEF
1 1/2 TEASPOONS KOSHER SALT
1 1/2 TEASPOONS SMOKED PAPRIKA
6 SLICES PEPPER JACK CHEESE (OPT)
2/3 CUP AVOCADO OIL MAYO
1-2 TBSP CHOPPED CHIPOTLES IN ADOBO SAUCE
PINCH OF SALT
BUNS AND TOPPINGS OF CHOICE

THURSDAY - AVOCADO PASTA

8 OUNCES OF GF PASTA OR ZOODLES
2 TABLESPOONS BUTTER
2 CLOVES GARLIC
PINCH OF SALT
8 OZ BABY SPINACH
1/4 CUP FULL-FAT GREEK YOGURT
1 AVOCADO, PEELED, PITTED, AND CUT INTO LARGE CHUNKS
1/2 CUP GRATED FRESH PECORINO-ROMANO (OPT)

DESSERT - COCOA CHILE PECANS

1 CUP RAW PECAN HALVES
1/4 CUP PURE MAPLE SYRUP
PINCH OF SEA SALT
1 TBSP COCOA POWDER
1 TBSP COCONUT SUGAR
1/8 TBSP CAYENNE PEPPER

SUNDAY - CHIPOTLE SALMON

12-16 OZ SALMON FILLET OR 5-6 INDIVIDUAL FILLETS
1/2 TSP PINK HIMALAYAN SALT OR SEA SALT
1 MINCED CHIPOTLE PEPPER FROM A CAN OF CHIPOTLE PEPPERS IN ADOBO SAUCE
1 TBSP COCONUT SUGAR OR HONEY
1 ORANGE
2 LARGE LIMES
2 TBSP GRASS-FED BUTTER OR OLIVE OIL
1/4 CUP HONEY
1/4 CUP WATER
1/2 TSP CRUSHED RED PEPPER FLAKES
SQUEEZE OF LIME JUICE
PINCH OF SALT
2 TABLESPOONS MINCED FRESH CILANTRO

WEDNESDAY - TURKEY MEATBALLS

1 LB GROUND TURKEY
2 TBSP AVOCADO OIL
1/3 CUP SUN-DRIED TOMATOES
3 TBSP KALAMATA OLIVES
2 LARGE CLOVES GARLIC
1/2 CUP FETA CHEESE CRUMBLES
1/3 CUP FRESH BASIL
1/4 TSP BLACK PEPPER

FRIDAY - THAI CHX CHOP SALAD

3 CUPS COOKED CHICKEN
3 CUPS GREEN CABBAGE
1 CUP RED CABBAGE
2 CUPS SPRING GREENS OR SPINACH
1 CUP GRATED CARROT
1 LARGE MANGO
1/2 CUP RAW CASHEWS
5 GREEN ONIONS
1/2 CUP CREAMY ALMOND OR PEANUT BUTTER
1/4 CUP LIQUID AMINOS
1/3 CUP RICE VINEGAR OR FRESH LIME JUICE
2 TBSP SESAME OIL
3 TBSP AVOCADO OIL
2 TBSP PURE MAPLE SYRUP
1 1/2 TBSP SRIRACHA
1 SMALL CLOVE GARLIC
2 TSP FRESH GINGER