

# HEALTHY MEAL PLAN

## GROCERY LIST

### SUNDAY - TURKEY SOUP

4 SLICES THICK-CUT BACON  
½ 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

### TUESDAY - SESAME SALMON

1 TBSP AVOCADO OIL  
1 LB SALMON  
3 TBSP COCONUT AMINOS OR SOY SAUCE  
1 TBSP RICE VINEGAR  
5 LARGE CLOVES GARLIC  
2 TSP TOASTED SESAME OIL  
SEA SALT TO TASTE  
INGREDIENTS FOR SERVING, SUCH AS RICE, PICKLED GINGER, CUCUMBERS, GREENS, ETC.

### THURSDAY - BARBACOA BEEF

3 TO 4 POUND BONELESS BEEF CHUCK ROAST  
SEA SALT & PEPPER TO TASTE  
1 SMALL YELLOW ONION  
2 CUPS BEEF BROTH  
2 TO 4 CHIPOTLES IN ADOBO SAUCE  
2 TO 3 TBSP FRESH LIME JUICE  
2 TSP GARLIC POWDER  
1 BAY LEAF  
TACO FIXINGS OR BURRITO BOWL FIXINGS FOR SERVING

### DESSERT - APPLE CRISP

4 CUPS APPLES  
6 TBSP PURE MAPLE SYRUP  
2 TSP TAPIOCA FLOUR  
2.5 TSP GROUND CINNAMON  
3 TBSP COCONUT OIL  
1.5 CUPS ALMOND FLOUR  
½ TSP ALMOND EXTRACT (OPT)

### MONDAY - BEET SOUP

2 POUNDS BEETS  
2 FENNEL BULBS  
2 SHALLOTS  
3 MEDIUM CARROTS  
1 TEASPOON DRIED TARRAGON  
2 CUPS UNSWEETENED APPLE JUICE  
¼ CUP RED WINE VINEGAR  
2 TEASPOONS DIJON MUSTARD  
3 CUPS CHICKEN STOCK  
½ TEASPOON SEA SALT  
2 MEDIUM ORANGES  
1 14-OZ CAN FULL-FAT COCONUT MILK  
1 LARGE APPLE  
1 LEMON

### WEDNESDAY - CHX SQUASH BAKE

1 MED/LG SPAGHETTI SQUASH (3-4 LBS)  
1 ½ POUNDS BONELESS, SKINLESS CHICKEN BREASTS OR THIGHS  
1 MEDIUM ONION  
1 TEASPOON SALT  
PINCH OF BLACK PEPPER  
2 TABLESPOONS AVOCADO OIL  
2 EGGS  
1 CUP SALSA VERDE OR OTHER RUNNY SALSA (NOT PICO DE GALLO)  
½ CUP PREPARED PALEO RANCH  
1 TEASPOON SMOKED PAPRIKA  
HOT SAUCE (OPT)  
CHOPPED CILANTRO, GREEN ONIONS, AVOCADO, AND LIME WEDGES, FOR SERVING

### FRIDAY - CAJUN RICE SKILLET

4 T BUTTER OR AVOCADO OIL  
1 SMALL ONION  
2 CUPS CARROTS OR BELL PEPPERS  
3 GARLIC CLOVES  
1 ½ C DICED PRE-COOKED SMKD SAUSAGE  
1 ½ CUPS LONG-GRAIN WHITE RICE  
2 TSP CAJUN SPICE BLEND  
2 TSP NO-SALT ALL-PURPOSE SEASONING  
1 TEASPOON SEA SALT  
1 CAN PETITE DICED TOMATOES  
2 CUPS BROTH (ANY)  
2 HANDFULS OF BABY GREENS (SPINACH, KALE, ETC.)