

MEAL PLAN

GROCERY LIST

SUNDAY - SALMON SALAD

1/3 CUP AVOCADO OIL
1 LB SALMON
1/2 CUP COCONUT AMINOS OR SOY SAUCE
1/2 CUP RICE VINEGAR
5 LARGE CLOVES GARLIC
2 TBSP TOASTED SESAME OIL
3 TBSP PEANUT BUTTER
4 CUPS GREEN CABBAGE
3 CUPS PURPLE CABBAGE
2 CUPS BABY SPINACH
2 CUPS GRATED CARROT
1 RED BELL PEPPER
5 GREEN ONIONS
1 CUP ROASTED CASHEWS
1/2 CUP DRIED CRANBERRIES
2 TBSP PURE MAPLE SYRUP
2 TSP FRESH GINGER

TUESDAY - CARNE ASADA TACOS

2 LBS FLANK STEAK OR SKIRT STEAK
1/2 CUP ORANGE JUICE
4 TBSP FRESH LIME JUICE
3 TBSP LIQUID AMINOS OR SOY SAUCE
2 TBSP WHITE VINEGAR OR RICE VINEGAR
1/4 CUP AVOCADO OIL
1 CUP FRESH CILANTRO
5 CLOVES GARLIC
CORN TORTILLAS
TOPPINGS OF CHOICE (ONION & CILANTRO)

THURSDAY - CHICKEN BK CASSEROLE

1 TBSP AVOCADO OIL
1 YELLOW ONION
4 CLOVES GARLIC
5 OUNCES BABY SPINACH
6 OUNCES SUN-DRIED TOMATOES
4 CUPS COOKED CHICKEN
6 LARGE EGGS
1 (16-OZ) CARTON EGG WHITES
6 OUNCES FETA CHEESE

DESSERT - BLUEBERRY POPSICLES

4 CUPS FRESH BLUEBERRIES
1 (15-OZ) CAN FULL-FAT CANNED
COCONUT MILK
1/4 CUP PURE MAPLE SYRUP

MONDAY - CHICKEN NUGGETS

2 POUNDS CHICKEN BREAST OR
THIGHS
2 JUICY LIMES
5 TSP TACO SEASONING
1/3 CUP CASSAVA FLOUR
1/3 CUP TAPIOCA FLOUR
1/3 CUP NUTRITIONAL YEAST
COCONUT OIL OR AVOCADO OIL FOR
PAN-FRYING
1 BATCH CHIPOTLE VEGAN QUESO

WEDNESDAY - STEAK KABOBS

1.5 POUNDS STEAK
2 LEMONS
1 TBSP GREEK SEASONING
2 TBSP AVOCADO OIL
1 MEDIUM ONION
8-10 OUNCES CHERRY TOMATOES
1 CUP FULL-FAT PLAIN YOGURT
1/2 OF AN ENGLISH CUCUMBER
2 GARLIC CLOVES
1/3 CUP FRESH CHOPPED
CILANTRO
PINCH OF GROUND CUMIN

FRIDAY - BACON SALAD

1 1/2 AVOCADOS
6 OUNCES BACON
1/3 CUP PARMESAN CHEESE
SHAVINGS
12 OUNCES SALAD GREENS
1 GREEN ONION
3 TBSP SOUR CREAM
3 TBSP MAYONNAISE OR PLAIN
YOGURT
1 TBSP APPLE CIDER VINEGAR
1 TSP HONEY
1 TSP DIJON MUSTARD