

# MEAL PLAN

## GROCERY LIST

### SUNDAY - WALDORF SALAD

1 POUND BONELESS SKINLESS CHICKEN BREASTS  
1 LARGE APPLE  
1 ½ CUPS RED SEEDLESS GRAPES  
1 CUP CELERY  
¼ CUP RAW PECANS OR WALNUTS  
⅓ CUP MAYONNAISE  
⅓ CUP PLAIN GREEK YOGURT

### TUESDAY - LENTIL SALAD

1 CUP UNCOOKED LENTILS  
1 SMALL CUCUMBER  
1 CUP CHERRY TOMATOES  
2/3 CUP RED ONION  
1 CUP SUN-DRIED TOMATOES  
2/3 CUP FETA CHEESE CRUMBLES  
½ CUP FRESH PARSLEY  
2 TBSP AVOCADO OIL  
1 LEMON  
1 TBSP DIJON MUSTARD  
1 SMALL CLOVE GARLIC

### THURSDAY - BASIL BEEF

¼ CUP COCONUT AMINOS  
1 1/2 TBSP FISH SAUCE  
2 TBSP RICE VINEGAR  
2 TSP SRIRACHA  
2 TSP TOASTED SESAME OIL  
2 TSP TAPIOCA FLOUR  
1 TBSP AVOCADO OIL  
½ MEDIUM-SIZED YELLOW ONION  
1 SMALL RED BELL PEPPER  
1 POUND LEAN GROUND BEEF  
5 CLOVES GARLIC  
1 LARGE JALAPENO

### DESSERT - BLACKBERRY COBBLER

4 CUPS FRESH BLACKBERRIES  
1 CUP ALMOND FLOUR  
3 TBSP COCONUT OIL  
1 TBSP TAPIOCA FLOUR  
1/2 CUP PURE MAPLE SYRUP  
2 TBSP FRESH LEMON JUICE  
1/4 TSP ALMOND EXTRACT  
1/2 TSP GROUND CINNAMON

### MONDAY - FISH TACOS

BLACKENING SPICES  
1 1/2 POUNDS FIRM WHITE FISH (COD, HALIBUT, ROCKFISH, ETC)  
3-4 TABLESPOONS COCONUT OIL  
4 CUPS SHREDDED CABBAGE (ABOUT 1/2 SMALL HEAD)  
2-3 LIMES  
8-10 CORN TORTILLAS  
1 RIPE AVOCADO  
1/2 CUP FRESH CHOPPED CILANTRO

### WEDNESDAY - CHICKEN SALAD

1 MEDIUM ZUCCHINI  
1 MEDIUM YELLOW SQUASH  
2 EARS OF CORN  
1 LARGE RED ONION  
2-3 TBSP AVOCADO OIL  
1 CUPS DICED COOKED CHICKEN  
1 CUP CHERRY TOMATOES  
1/2 ENGLISH CUCUMBER  
3 GREEN ONIONS  
1/4 CUP CHOPPED FRESH HERBS (CILANTRO, DILL, PARSLEY, ETC)  
1 LARGE LEMON  
3 TBSP OLIVE OIL  
1 CLOVE GARLIC  
1/4 TSP BLACK PEPPER

### FRIDAY - CURRY ZOODLES

1 TBSP AVOCADO OIL  
1/2 CUP DICED RED ONION  
1 BROCCOLI CROWN  
1 CUP DICED FRESH PINEAPPLE  
5 OUNCES SUGAR SNAP PEAS  
1 CUP FULL-FAT COCONUT MILK  
3 TBSP THAI GREEN CURRY PASTE  
1-2 TSP CHILI PASTE  
1/2 OF A LEMON  
1 LB UNCOOKED LARGE SHRIMP  
3 MEDIUM ZUCCHINI  
2 TSP SESAME SEEDS