

MEAL PLAN

GROCERY LIST

SUNDAY - MEDITERRANEAN SALMON

1 POUND SALMON FILLETS
2 LARGE LEMONS
4 TSP GREEK SEASONING
2 CLOVES GARLIC
1 MEDIUM YELLOW SQUASH
1 (12-OZ) JAR MARINATED
ARTICHOKE HEARTS
4 OUNCES BLOCK FETA CHEESE

MONDAY - SESAME CHICKEN

1 TBSP TOASTED SESAME OIL
1 POUND BONELESS SKINLESS
CHICKEN BREASTS
4 CLOVES GARLIC
3 TBSP COCONUT AMINOS
2 TBSP HONEY
2 TBSP RICE VINEGAR
1 TO 3 TSP SRIRACHA
¼ TSP BLACK PEPPER

TUESDAY - CABBAGE SOUP

1 POUND LEAN GROUND BEEF
1 LARGE SWEET ONION
1 (28-OUNCE) CAN CRUSHED
TOMATOES
2 TBSP HONEY
2 TBSP TOMATO PASTE
2 TBSP WORCESTERSHIRE
SAUCE
1 TSP MINCED GARLIC
1/3 CUP WHITE RICE
1 HEAD CABBAGE
4 CUPS BEEF BROTH
1/2 CUP RED WINE VINEGAR

WEDNESDAY - POT ROAST

1 (3 TO 4-POUND) BONELESS
BEEF CHUCK ROAST
1.5 LBS BABY POTATOES
3 LARGE CARROTS
1 LARGE YELLOW ONION
5 LARGE CLOVES GARLIC
32 OUNCES BEEF BROTH
2 TBSP BALSAMIC VINEGAR
2 TBSP GF ALL-PURPOSE FLOUR
2 SPRIGS ROSEMARY
2 SPRIGS OREGANO

THURSDAY - LAMB CHOPS

3-4 LAMB LOIN CHOPS
1/2 LEMON
2 GARLIC CLOVES
2 TSP CHOPPED FRESH ROSEMARY
ADD'L VEG TO ROAST OR A SIDE
SALAD

FRIDAY - CURRY SOUP

½ YELLOW ONION
1 RED BELL PEPPER
2 LARGE CARROT
3 CLOVES GARLIC
1 TBSP FRESH GINGER
½ HEAD CAULIFLOWER
2 TBSP YELLOW CURRY POWDER
½ TSP RED PEPPER FLAKES
1 CAN FULL-FAT COCONUT MILK
3 CUPS VEGETABLE BROTH
2 TBSP LIME JUICE
2 TSP PURE MAPLE SYRUP
1 BUNCH GREEN ONIONS

DESSERT - MINI CAKES

6 OZ. DARK CHOCOLATE BAR
4 TBSP BUTTER
2 EGGS
WHIPPED CREAM AND MIXED
BERRIES FOR SERVING