

MEAL PLAN

GROCERY LIST

SUNDAY - BURRITO BOWLS

2 CUPS WHITE RICE
2 POUNDS LEAN GROUND BEEF
3 TBSP TACO SEASONING
2 15-OZ CANS BLACK BEANS
2/3 CUP SALSA OR PICO DE GALLO
2 LIMES
1/3 CUP FRESH CILANTRO
TOPPINGS OF CHOICE (SUCH AS
AVOCADO, CHEESE, SOUR CREAM,
LETTUCE, ETC)

TUESDAY - SPRING SALAD

1/3 CUP RASPBERRIES
1 JUICY LIME
2 TBSP RED WINE VINEGAR
3 TBSP HONEY
1/2 CUP AVOCADO OIL
5-OUNCE BAG SPRING MIX
2 CUPS MIXED FRESH BERRIES
4 OUNCES GOAT CHEESE
2/3 CUP CANDIED NUTS

THURSDAY - RED PEPPER SOUP

4 TBSP BUTTER
1 MEDIUM ONION
6 GARLIC CLOVES
3 TBSP TOMATO PASTE
16-OZ JAR ROASTED RED PEPPERS
2 CUPS MILK
2 TBSP HONEY

DESSERT - ALMOND BARK

6 OUNCES DARK CHOCOLATE
1/2 CUP LIGHTLY SALTED ALMONDS
1/2 BROKEN PRETZEL STICKS
1/2 TSP SEA SALT FLAKES

MONDAY - MEDITERRANEAN CHICKEN

2 TBSP AVOCADO OIL
4 BONE-IN CHICKEN THIGHS
1 YELLOW ONION
4 CLOVES GARLIC
1.5 CUPS LONG-GRAIN WHITE RICE
1 (14.5-OZ) JAR ARTICHOKE HEARTS
2/3 CUP SLICED KALAMATA OLIVES
2/3 CUP SUN-DRIED TOMATOES
2 CUPS LOW-SODIUM CHICKEN BROTH
2 TSP ITALIAN SEASONING

WEDNESDAY - STEAK CURRY

2 TBSP AVOCADO OIL
1 POUND NY STRIP STEAK
1 YELLOW ONION
2 CARROTS
1 ZUCCHINI
1 RED BELL PEPPER
4 LARGE CLOVES GARLIC
1 TBSP FRESH GINGER
2 (15-OZ) CANS FULL-FAT
COCONUT MILK
2 TSP FISH SAUCE
4 TBSP RED CURRY PASTE
THAI BASIL LEAVES

FRIDAY - KOREAN BBQ CHICKEN

3 LBS BONELESS SKINLESS
CHICKEN THIGHS
1/2 CUP COCONUT AMINOS
4 TBSP GOCHUGANG
3 TBSP HONEY
3 TBSP TOASTED SESAME OIL
2 TBSP RICE VINEGAR
1 TBSP FRESH GINGER
3 LARGE CLOVES GARLIC
GREEN ONIONS AND STEAMED
RICE FOR SERVING