

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - BIRRIA TACOS

5 DRIED ANCHO CHILIS
4 DRIED GUAJILLO CHILIS
5 DRIED ARBOL CHILIS
1 TBSP BLACK PEPPERCORNS
1 TBSP CORIANDER SEED
2 BAY LEAVES
1 CINNAMON STICK
4.5 TO 5 LBS BONELESS BEEF CHUCK ROAST
3 TBSP AVOCADO OIL
1 LARGE YELLOW ONION
8 CLOVES GARLIC
1 QUART BEEF BROTH
½ CUP APPLE CIDER VINEGAR
1 TBSP DRIED OREGANO
3 TBSP TOMATO PASTE
1 TBSP GROUND CUMIN
FOR SERVING: CORN TORTILLAS, GRATED
MOZZARELLA CHEESE OR ASADERO CHEESE

TUESDAY - MEXICAN SKILLET

1 TBSP AVOCADO OIL
1/2 MEDIUM-SIZED YELLOW ONION
1 POUND GROUND BEEF
2 TBSP CHILI POWDER
4 CLOVES GARLIC
3 CUPS ZUCCHINI
1 RED BELL PEPPER
1 LARGE CARROT
1 CUP GREEN CABBAGE
1 (8-OZ) CAN TOMATO SAUCE
FAVORITE TACO TOPPINGS FOR SERVING

WEDNESDAY - CREAMY SALMON

6 SALMON FILLETS, ABOUT 4-5 OZ EACH
PINK HIMALAYAN SALT
1/3 CUP PALEO-FRIENDLY MAYONNAISE
1 CLOVE GARLIC
1 TBSP CHOPPED CHIVES (OR DRIED)
3 TBSP CHOPPED DILL (OR DRIED)
1 TBSP NUTRITIONAL YEAST (OR
PARMESAN)
JUICE FROM 1/2 LEMON (1-2 TBSP))

DESSERT - APPLESAUCE COOKIES

2 CUPS QUICK OATS
1 CUP UNSWEETENED APPLESAUCE
2 TBSP PURE MAPLE SYRUP
3 TBSP UNSWEETENED ALMOND BUTTER
1 ½ TSP GROUND CINNAMON OPTIONAL
ADDITIONS:
¾ CUP FINELY CHOPPED APPLE
1 TSP PURE VANILLA EXTRACT
½ CUP WALNUTS OR PECANS

MONDAY - BALSAMIC CHICKEN

1 1/2 POUNDS BONELESS, SKINLESS
CHICKEN BREASTS OR THIGHS
SEA SALT
GROUND BLACK PEPPER
2 GARLIC CLOVES, PEELED
1/3 CUP BALSAMIC VINEGAR
1/4 CUP AVOCADO OIL
2 TABLESPOONS HONEY
(OPTIONAL)

THURSDAY - DETOX SALAD

1/3 CUP AVOCADO OIL
1/3 CUP FRESH LEMON JUICE
½ CUP FRESH FLAT LEAF PARSLEY
2 TSP STONE GROUND MUSTARD
2 TSP PURE MAPLE SYRUP
1 TSP FRESH GINGER
½ CUP RAW ALMONDS
2 CUPS BABY KALE OR GREENS OF
CHOICE
2 CUPS RED CABBAGE
2 CUPS BROCCOLI FLORETS
2 CARROTS
½ RED BELL PEPPER 3 RADISHES
4 STALKS GREEN ONION
1 AVOCADO

FRIDAY - CRISPY CHX TACOS

3 1/2 - 4 CUPS COOKED, SHREDDED
CHICKEN (ABOUT HALF OF A 4 LB
ROAST CHICKEN)
2-3 TABLESPOONS TACO SEASONING
1/4 CUP CHOPPED FRESH CILANTRO
20-24 CORN TORTILLAS
ABOUT 1/4 CUP OIL, FOR FRYING +
MORE IF NECESSARY