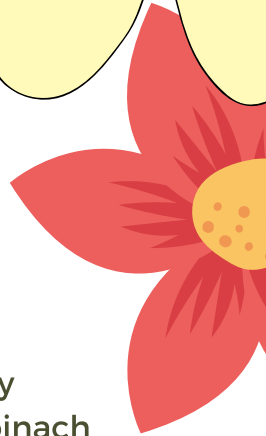
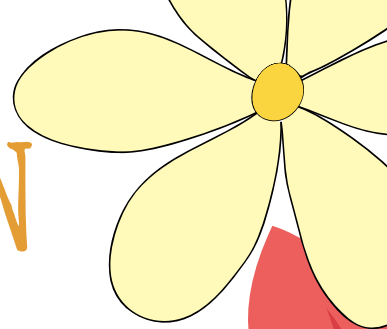




# 7 DAY MEAL PLAN

INTENTIONALLY HIS



## MONDAY

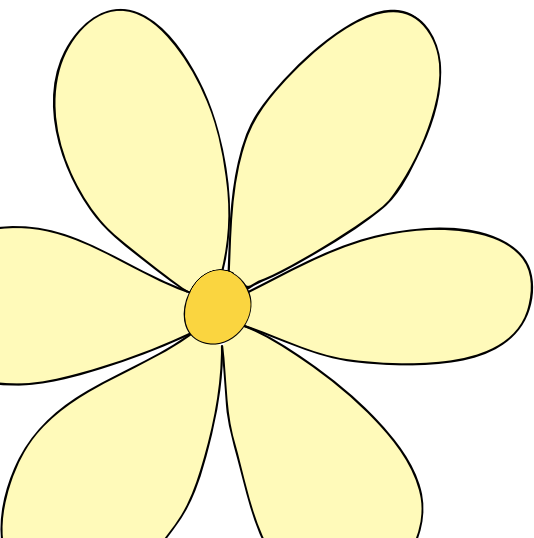
Butternut Squash Hash  
The Easiest Gazpacho  
Fresh Rosemary Turkey  
with Sautéed Spinach  
and Mushrooms

## WEDNESDAY

Nut Butter Cup Smoothie  
Leftover Chicken and  
Broccoli Stir-Fry  
Honey-Roasted Salmon  
and Roasted Broccoli

## FRIDAY

Berry Green Smoothie  
Italian Wedding Soup  
with Leftover Herb  
Meatballs  
Mexican Chicken Burgers  
with Guacamole



## TUESDAY

Baked Avocado Egg  
Scramble  
Leftover Fresh Rosemary  
Turkey with Sautéed Spinach  
and Mushrooms  
Chicken and Broccoli Stir-Fry

## THURSDAY

Good Morning Mug Biscuits  
and a Fried Egg  
Buffalo Chicken Soup  
Herb Meatballs and  
Tomato Basil Salad

## SATURDAY

Scrambled Egg and  
Breakfast Sausage  
Leftover Mexican Chicken  
Burgers with Guacamole  
Simple Scallops and  
Lemon Zest Grilled Squash

## SUNDAY

Banana Bowl  
Apple Walnut  
Vegetable Salad  
Tangy Tomato Sirloin  
Tips





# GROCERY LIST

INTENTIONALLY HIS

## PROTEIN

Bacon (1 package)  
Beef Sirloin Tips (1 1/2 lbs)  
Boneless Chicken Breast (2 1/2 lbs)  
Eggs (1 dozen)  
Ground Beef (1 lb)  
Ground Chicken (2 lbs)  
Ground Pork (1 lb)  
Scallops (2 lbs)  
Turkey Breast (3 lbs)  
Wild Salmon Filets (4)

## VEGGIES

Baby Mushrooms (1/2 lb)  
Baby Spinach (2 - 10 oz bags)  
Broccoli (2 heads)  
Butternut Squash (1)  
Carrots (3)  
Cauliflower (1 head)  
Celery (4 stalks)  
Cherry Tomatoes (1 container)  
Cucumber (1)  
Escarole (1 lb)  
Garlic (2 heads)  
Iceberg Lettuce (1 head)  
Jalapeno (1)  
Onion (Red-1, Yellow-1, White-1)  
Purple Cabbage (1/2 lb)  
Scallions (1 bunch)  
Shallots (2)  
Spinach - 2-10 oz bags  
Sweet Potatoes (7)  
Tomatoes (2 lbs + 5)  
Yellow Squash (6)

## FRUITS

Apples, Honeycrisp (3)  
Avocados (6)  
Bananas (4)  
Blueberries, frozen (1 bag)  
Lemons (4)  
Limes (1)  
Raspberries, frozen (1 bag)

## FRESH HERBS

Basil (1 bunch)  
Ginger (1 knob)  
Rosemary (1 bunch)

## OTHER

Apple juice  
Butter, grass-fed  
Red wine



## FROM THE PANTRY

Almonds  
Apple Cider Vinegar  
Baking Powder  
Basil, dried  
Bay Leaves  
Black Pepper, freshly ground  
Cacao Powder  
Chicken broth, organic  
Chili Powder  
Cinnamon  
Coconut Aminos  
Coconut, unsweetened shredded  
Cumin  
Dill, dried  
Flour, coconut  
Garlic Powder  
Garlic Salt  
Honey  
Hot Sauce  
Milk, almond  
Milk, coconut  
Nutmeg  
Oil, coconut  
Oil, extra-virgin olive  
Onion Powder  
Oregano, dried  
Paprika  
Parsley, dried  
Pecans  
Red Wine Vinegar  
Sage  
Sea Salt  
Sesame Oil  
Sunflower Butter  
Thyme, dried  
Tomato sauce  
Walnuts

