

# MEAL PLAN

WITH GROCERY LIST & RECIPES

	LUNCH	DINNER	SNACKS
SUN	SLAM DUNK SALAD	1/2 BAKED POTATO WITH BUTTER + STEAK + BROCCOLI	KALE CHIPS
MON	SALAD + STEAK + SIMPLE VINAIGRETTE	CHICKEN STEW	MIXED NUTS
TUE	CHICKEN STEW	SLT SALAD	1-2 SQUARES DARK CHOCOLATE
WED	SLT SALAD	PULLED PORK + BRUSSELS SPROUT SALAD + SMALL BUN	KALE CHIPS
THU	SWEET & CREAMY TAHINI SALAD + PROTEIN OF CHOICE	SPRING ROLL SAUTE	HUMMUS + VEGGIES
FRI	PISTACHIO CRUSTED CHICKEN	FISH + BRUSSELS SPROUT SALAD + BAKED SWEET POTATO ROUNDS	MIXED NUTS
SAT	SOURDOUGH + ROAST BEEF + AVOCADO + TOMATO + BROCCOLI SLAW	PIZZA CHICKEN	KALE CHIPS

# GROCERY LIST

## WEEKEND TRIP

### PROTEIN

- DELI MEAT
- BONE-IN CHICKEN THIGHS
- WILD-CAUGHT SALMON
- PORK LOIN

### PRODUCE

- LETTUCE
- 1 BAG LARGE CARROTS
- AVOCADOS
- 2 ONIONS
- SWEET POTATOES
- GARLIC
- 1 TOMATO
- TURMERIC ROOT
- BRUSSELS SPROUTS
- VEGGIES FOR HUMMMUS

### REFRIGERATED

KERRYGOLD BUTTER

HUMMUS

### BAKERY & NON-PERISHABLES

- PISTACHIOS
- ORGANIC OLIVE OIL
- 14OZ CAN FIRE ROASTED DICED TOMATOES
- RAW LOCAL HONEY
- WALNUTS
- BALSAMIC VINEGAR (NO SUGAR OR CARMEL)
- KALE CHIPS
- MIXED NUTS
- 75%+ CHOCOLATE BAR

### HERBS & SPICES

- THYME
- SALT
- PEPPER
- PAPRIKA
- GINGER POWDER
- NUTMEG

# GROCERY LIST

## MIDWEEK TRIP

### PROTEIN

- PROTEIN OF CHOICE (FOR SALAD)
- GROUND TURKEY
- FISH OF CHOICE
- CHICKEN BREASTS X2
- UNCURED PEPPERONI

### PRODUCE

- CELERY
- CHERRY TOMATOES
- POTATOES
- CUCUMBER
- AVOCADO
- GINGER ROOT
- SHREDDED CABBAGE
- BROCCOLI SLAW X2
- SWEET POTATOES
- GREEN ONIONS

### BAKERY & NON-PERISHABLES

- SOURDOUGH BREAD
- APPLE CIDER VINEGAR
- ORGANIC TAHINI
- PURE MAPLE SYRUP
- SESAME OIL
- COCONUT AMINOS
- PISTACHIOS
- 32OZ CAN ORGANIC TOMATOES
- 6OZ TOMATO PASTE
- DIJON MUSTARD
- HOT SAUCE
- REPLENISH SNACKS, IF NEEDED

### HERBS & SPICES

- CAYENNE
- GARLIC POWDER
- ITALIAN SEASONING

# RECIPES

## **Slam Dunk Salad (1 serving)**

Lots of chopped lettuce, you pick  
1 large carrot, sliced  
1/4 cup + 1/2 cup shelled pistachios  
4oz nitrite & nitrate free ham and turkey  
1 small avocado  
2 tbsp lemon juice  
1/2 - 1 cup filtered water  
2 tbsp organic olive oil

1. Combine lettuce, carrot, 1/4 cup pistachios, and meat in a bowl.
2. Blend 1/2 cup pistachios, avocado, lemon juice, 1/2 cup water, and olive oil until smooth.
3. Add more water if you want your dressing runny. Pour over salad.

## **Simple Vinaigrette**

1/2 cup organic extra virgin olive oil  
1/2 cup vinegar (balsamic, apple cider, red wine, etc.)  
1-2 cloves garlic, finely chopped  
1/4 tsp sea salt  
1/8 tsp fresh ground black pepper

Combine all ingredients in a blender or jar and mix well.

## **Chicken Stew (4 servings)**

1 medium onion, sliced into 1/4" strips  
2 medium sweet potatoes (about 1 lb.), sliced into 1/4" circles  
4 large carrots  
14oz can organic fire roasted diced tomatoes  
1 tsp minced garlic  
1/2 tsp dried thyme  
1 1/4 tsp sea salt, divided  
1/2 tsp black pepper, divided  
1 tsp paprika  
6 bone-in chicken thighs, skinned

1. Place onion in crock pot; top with sweet potatoes and carrots.
2. Combine tomatoes (with juice), garlic, thyme, 3/4 tsp. salt, and 1/4 tsp. pepper. Pour over vegetables.
3. Combine paprika and remaining 1/2 tsp. salt and 1/4 tsp. pepper; rub over chicken. Arrange chicken on top of vegetables.
4. Cover and cook on low for 6 hours or until chicken is done and vegetables are tender.

# RECIPES

## **The SLT - Salmon, Lettuce, Tomato (1 serving)**

Large handful romaine lettuce, chopped

1/2 fresh organic tomato

1 small avocado

3-4 oz wild caught salmon

1 tbsp organic olive oil

1/4 - 1/2 tsp 100% lemon juice

Fresh grated turmeric root

Pinch of salt & pepper

1. Combine lettuce, tomato, avocado, and salmon in large bowl.
2. Toss with olive oil and lemon juice. top with turmeric, salt, and pepper.

## **Slow Cooker Pulled Pork (8 servings)**

2 lb pasture-raised pork loin

1 large onion, sliced

1 tsp ground ginger

1/4 tsp salt

2 Tbsp raw local honey

1. Place pork (fatty side up) in the bottom of the crock pot and surround with orange slices.
2. Rub pork with ginger and salt; pour your honey over the top.
3. Cook on low for 6-8 hours.
4. Remove lid and pull pork into shreds with two forks. Return lid and allow to cook another 20 minutes before serving.

## **Brussels Sprout Salad (6 servings)**

3 cups fresh Brussels sprouts, shredded

1 Tbsp grass fed butter/ghee

1/2 tsp salt

2-3 tsp balsamic vinegar

1/2 tsp nutmeg

1/3 cup walnuts, chopped and toasted

1. Heat the oil in a sauté pan set over medium-high heat. Add the Brussels sprouts and sprinkle with salt.
2. Cook Brussels sprouts (without stirring) until the edges begin to brown, about 2 minutes. Stir the 3. Brussels sprouts and cook for another 2 minutes until cooked but still firm.
4. Stir in the balsamic vinegar and nutmeg.
5. Remove from heat and stir in the walnuts.

# RECIPES

## **Sweet & Creamy Tahini (1 serving)**

2 stalks celery, sliced  
4 cherry tomatoes, halved  
1/2 cup boiled potato cubes, cooled  
1/4 pickling cucumber, sliced  
1/2 avocado  
1 tbsp apple cider vinegar  
2 tbsp organic tahini  
1 tsp pure maple syrup  
1 tsp 100% lemon juice  
1/8 tsp cayenne  
Pinch of salt & pepper

Combine celery, tomato, potato, cucumber, and avocado in a bowl. Mix remaining ingredients in a jar, cover with lid and shake, pour over salad.

## **Spring Roll Saute (makes 4 servings)**

2T organic sesame oil  
4 cloves garlic, finely chopped  
1" fresh ginger root, finely chopped  
1/2" fresh turmeric root, finely chopped  
1/2 16oz bag shredded kale and cabbage blend  
1/2 12oz bag broccoli slaw  
1lb lean ground turkey, cooked  
3T coconut aminos

1. Heat oil in large skillet over medium high heat. Add garlic, ginger, and turmeric; cook 1-2 minutes.
2. Meanwhile, cook turkey in a medium skillet over medium heat (no need to add oil or seasoning).
3. Add shredded cabbage blend and broccoli slaw and cover; cook another 5 minutes (or until desired texture is achieved) stirring regularly.
4. Add cooked turkey and coconut aminos to the vegetable blend.
5. Toss all ingredients to distribute flavors evenly.

## **Pistachio Crusted Chicken (4 servings)**

1 lb chicken breasts  
1 cup shelled pistachios, finely chopped

1. Preheat oven to 425 degrees.
2. Cut chicken into 2-3 inch pieces.
3. Spread chopped pistachios on a dinner plate. Roll each chicken nugget with pistachios until all sides are covered. Place chicken on baking pan and place in oven.
5. Bake 25-30 minutes, or until meat is no longer pink inside.

# RECIPES

## **Pizza Chicken (4 servings)**

4 - 4oz chicken breasts  
32oz can whole peeled organic tomatoes  
6oz can organic tomato paste  
1 tsp garlic powder  
1 Tbsp Italian seasoning  
Pinch of salt and pepper  
12 slices uncured pepperoni

1. Preheat oven to 425°
2. Combine tomatoes, tomato paste, garlic, Italian seasoning, salt, and pepper in blender and mix until smooth consistency is achieved.
3. Coat the bottom of a 12x7 baking dish with sauce.
4. Using kitchen shears, trim any visible fat from each chicken breast, then cut down the center to create a pocket (like a pita bread).
5. Put chicken in the baking dish and place 2-3 slices of pepperoni inside each chicken breast.
6. Pour remaining sauce over chicken.
7. Bake for 40-45 minutes, or until chicken is cooked through.

## **Broccoli Slaw (4 servings)**

1 bag broccoli and carrot slaw (no dressing)  
4 green onions, thinly sliced  
3 Tbsp Dijon mustard  
1 Tbsp fresh squeezed lemon or lime juice  
2 tsp hot sauce

1. Combine green onions, mustard, juice, and hot sauce in a jar; cover and shake until well combined.
2. Drizzle over slaw and mix well.