

MEAL PLAN

GROCERY LIST

SUNDAY - GYRO SHREDDED BEEF

3-4 POUND BEEF ROAST
4 TSP MIDDLE EASTERN SEASONING (SEE POST)
3 TBSP AVOCADO OIL
1 CUP BEEF OR CHICKEN BROTH
1 MEDIUM RED ONION
4 CLOVES GARLIC
PINCH RED PEPPER FLAKES
1 TBSP LEMON JUICE
1/2 CUP FRESH CHOPPED CILANTRO (OPTIONAL)
FIXINGS FOR SALADS OR WRAPS (LETTUCE, TOMATO, ETC)

TUESDAY - FISH TACOS

1 1/2 LBS WHITE FISH (COD, HALIBUT, ROCKFISH, ETC)
3-4 TBSP COCONUT OIL
4 CUPS SHREDDED CABBAGE (ABOUT 1/2 SMALL HEAD)
2-3 LIMES
2 TBSP EXTRA-VIRGIN OLIVE OIL
8-10 CORN TORTILLAS
1 RIPE AVOCADO
1/2 CUP FRESH CHOPPED CILANTRO
BLACKENING SEASONING (SEE POST)

THURSDAY - GRILLED BBQ CHICKEN

2-3 LBS CHICKEN BREASTS, THIGHS, OR DRUMSTICKS
2 TSP STEAK SEASONING
HALF A LEMON
3 TBSP AVOCADO OIL
1 CUP YOUR FAVORITE BBQ SAUCE
VEGGIES OR GRAINS FOR A SIDE

DESSERT - STRAWBERRY FROYO

1 1/2 CUPS FROZEN OR FRESH STRAWBERRIES
3 CUPS FULL-FAT GREEK YOGURT (HONEY OR PLAIN)
1/3 CUP FRESH ORANGE JUICE
1 TSP VANILLA EXTRACT
SWEETENER, TO TASTE (OPTIONAL)

MONDAY - HULI HULI CHICKEN

3 POUNDS BONELESS SKINLESS CHICKEN THIGHS (8 TO 10 THIGHS)
2 TBSP TOASTED SESAME OIL
2 TSP FRESH GINGER GRATED
2 LARGE CLOVES GARLIC
1/2 CUP COCONUT AMINOS*
3 TBSP KETCHUP
3 TBSP RICE VINEGAR
1/4 TSP BLACK PEPPER

WEDNESDAY - ITALIAN SALAD

16 OUNCES ROMAINE LETTUCE
1 CUP KALAMATA OLIVES SLICED
1 CUP PEPPERONCINIS
2 CUPS CHERRY TOMATOES
2 CUPS SALAMI
1/2 CUP RED ONION
6 OUNCES PARMESAN CHEESE
3/4 CUP HOMEMADE ITALIAN DRESSING (SEE POST FOR RECIPE)

FRIDAY - BANG BANG SALMON

1/3 CUP MAYONNAISE
4 TBSP SWEET CHILI SAUCE
3 TSP SRIRACHA
1 LB SALMON FILET
1/2 CUP COCONUT AMINOS
1 TBSP RICE VINEGAR
2 CLOVES GARLIC
2 TSP TOASTED SESAME OIL
1 BATCH ASIAN CUCUMBER SALAD
3 CUPS COOKED BROWN RICE
1 LARGE HEAD BROCCOLI
1 LARGE RIPE AVOCADO SLICED