

# HEALTHY MEAL PLAN

## GROCERY LIST

### MONDAY - FARRO KALE SALAD

1 CUP UNCOOKED FARRO GRAINS  
2 CUPS FRESH OR FROZEN CORN KERNELS  
1 SMALL BUNCH KALE, ANY TYPE  
3 LIMES  
2 TABLESPOONS AVOCADO OIL  
1 CUP CHOPPED ROASTED RED PEPPERS  
1 CUP CHOPPED CHERRY TOMATOES  
1/3 CUP PEPITAS  
2/3 CUP CRUMBLLED FETA CHEESE  
1/2 TEASPOON SEA SALT  
1/2 BUNCH CILANTRO  
2 TABLESPOONS RICE VINEGAR  
2 TABLESPOONS HONEY  
1/2 TEASPOON SEA SALT  
1/4 CUP AVOCADO OIL

### TUESDAY - SEAFOOD CHOWDER

1/2 YELLOW ONION  
4 CLOVES GARLIC  
3 EARS OF CORN OR 2 CANS CORN KERNELS  
1 TBSP SMOKED PAPRIKA  
2 CUPS CHICKEN BROTH  
1/2 CUP HALF AND HALF (OR CREAM)  
1/2 POUND RAW SHRIMP  
1/2 POUND SOLE FILETS

### THURSDAY - MED SALMON SALAD

4 (6-OZ) CANS WILD CAUGHT SALMON  
1 LARGE AVOCADO  
1/4 MEDIUM-SIZED RED ONION  
1 CUP SUN-DRIED TOMATOES  
1/2 CUP FETA CHEESE  
1/2 CUP PLAIN GREEK YOGURT OR MAYONNAISE  
2 TBSP FRESH LEMON JUICE  
1/2 TSP GARLIC POWDER  
1 TSP DRIED DILL

### DESSERT - STRAWBERRY CRUMBLE

4 CUPS FRESH STRAWBERRIES  
2 TBSP TAPIOCA FLOUR  
3 TBSP PURE MAPLE SYRUP  
2 TBSP FRESH LEMON JUICE  
3 TBSP COCONUT OIL  
4 TBSP PURE MAPLE SYRUP  
1 CUP ALMOND FLOUR  
1/2 TSP PURE VANILLA EXTRACT

### SUNDAY - BURRITO BOWLS

2 LBS BONELESS SKINLESS CHICKEN THIGHS  
1/3 CUP RED ONION  
3 CLOVES GARLIC  
2 CHIPOTLE CHILIES IN ADOBO SAUCE  
2 TBSP FRESH LIME JUICE  
2 TSP PAPRIKA  
1 TSP GROUND CUMIN  
1 TSP GROUND OREGANO  
SEE BLOG POST FOR TOPPING OPTIONS

### WEDNESDAY - CHX & VEG SALAD

1 MEDIUM ZUCCHINI  
1 MEDIUM YELLOW SQUASH  
2 EARS OF CORN  
1 LARGE RED ONION  
2-3 TABLESPOONS AVOCADO OIL  
1 CUPS DICED COOKED CHICKEN  
1 CUP HALVED CHERRY OR GRAPE TOMATOES  
1/2 OF AN ENGLISH CUCUMBER, DICED  
3 GREEN ONIONS, THINLY SLICED  
1/4 CUP CHOPPED FRESH HERBS (CILANTRO, DILL, PARSLEY, ETC)  
JUICE FROM 1 LARGE LEMON (ABOUT 2 TBSP)  
3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL  
1 CLOVE GARLIC, GRATED OR FINELY MINCED  
1/2 TEASPOON SEA SALT  
1/4 TEASPOON FRESHLY GROUND BLACK PEPPER

### FRIDAY - EGGPLANT STACKS

1 LARGE EGGPLANT, CUT INTO 1/2-INCH ROUNDS  
6 TABLESPOONS AVOCADO OIL  
1 TEASPOON ITALIAN SEASONING  
8 OUNCES BASIC MARINARA SAUCE  
1 SMALL BUNCH OF FRESH BASIL  
1 CUP MACADAMIA NUTS (RAW AND UNSALTED, IF POSSIBLE)  
JUICE FROM 1/2 OF A LEMON  
2 TABLESPOONS NUTRITIONAL YEAST  
1 CLOVE GARLIC  
1/4-1/2 TEASPOON SEA SALT