

# MEAL PLAN

## GROCERY LIST

### SUNDAY - SHRIMP TACOS

8 OUNCES LARGE RAW SHRIMP  
1 TBSP TACO SEASONING  
1 TBSP AVOCADO OIL  
1 LIME  
SMALL TORTILLAS  
1/2 CUP MEXICAN COTIJA CHEESE  
1 1/2 - 2 CUPS DICED PINEAPPLE  
1 AVOCADO  
1 SMALL JALAPEÑO  
1/4 CUP MINCED RED ONION  
1/4 CUP CHOPPED FRESH CILANTRO

### MONDAY - GRILLED CHICKEN

1.5 LBS BONELESS CHICKEN BREASTS  
5 TBSP AVOCADO OIL  
2 TBSP RICE VINEGAR  
2 TBSP PURE MAPLE SYRUP  
3 TBSP LIQUID AMINOS OR SOY SAUCE  
1 TBSP DIJON MUSTARD  
2 CLOVES GARLIC  
2 TSP ONION POWDER  
2 TSP PAPRIKA  
1/2 TSP BLACK PEPPER

### TUESDAY - THAI PEANUT NOODLES

1 TBSP COCONUT SUGAR  
1 TBSP FISH SAUCE  
2 LIMES  
4 TSP SAMBAL OELEK OR CHILI PASTE  
1 1/2 TO 2 POUNDS STEAK (ANY CUT)  
1/2 CUP CREAMY PEANUT BUTTER  
1/4 CUP RICE VINEGAR  
3-4 TBSP COCONUT SUGAR OR HONEY  
1 TBSP FRESH GRATED OR MICROPLANED GINGER  
8 OUNCES FLAT RICE NOODLES  
10 OZ GRATED CABBAGE OR BROCCOLI SLAW  
1/2 BUNCH FRESH CILANTRO

### WEDNESDAY - TACO CASSEROLE

1 YELLOW ONION  
1 LB GROUND TURKEY  
1 RED BELL PEPPER  
4 CLOVES GARLIC  
3 TBSP CHILI POWDER  
2 CUPS CHICKEN BROTH  
1 CUP SALSA  
2/3 CUP WHITE RICE  
1 (15-OZ) CAN BLACK BEANS  
1 (7-OZ) CAN GREEN CHILIS  
3 CUPS GRATED COLBY JACK CHEESE

### THURSDAY - GARLIC BUTTER SALMON

5-6 SALMON FILLETS  
4 CUPS QUICK COOKING VEGETABLES (SEE POST)  
1/3 CUP BUTTER OR GHEE  
3 GARLIC CLOVES  
1/2 TSP LEMON ZEST  
JUICE FROM 1/2 OF A LEMON  
1-2 TSP FRESH THYME

### DESSERT - PINEAPPLE SORBET

5 CUPS PINEAPPLE CHUNKS  
1/2 CUP MILK OF CHOICE  
2 CUPS ICE  
SWEETENER, TO TASTE (SEE POST)  
7-8 FRESH BASIL LEAVES  
1/2 OF A LIME

### FRIDAY - TURKEY CABBAGE BOWLS

1 YELLOW ONION  
1 POUND GROUND TURKEY  
5 CLOVES GARLIC  
1 TBSP FRESH GINGER  
4 CUPS THINLY SLICED CABBAGE  
1/2 RED BELL PEPPER  
1 LARGE CARROT  
4 GREEN ONIONS  
1/4 CUP NUT/SEED BUTTER OF CHOICE  
1/4 CUP COCONUT AMINOS  
1 TBSP RICE VINEGAR  
2 TSP SRIRACHA  
1 TBSP PURE MAPLE SYRUP  
1/2 TSP CURRY POWDER