

## Week 1

## SHOPPING LIST

PRODUCE

- 1 red onion
- 2 yellow onions
- 2 zucchini
- 3 cloves garlic
- 1 head butter lettuce
- 3 cups ( 60 g ) arugula
- 1 head kale
- 2 scallions/green onion
- $11 / 2$ cup ( 128 g ) broccoli slaw/shredded broccoli
- 1 red bell pepper
- 2 green bell peppers


## MEAT, POULTRY, DAIRY

- 10 eggs
- 2 cups ( 480 g ) plain Greek yogurt
- 1/2 cup ( 714 g ) vanilla Greek yogurt
- 2 cups ( 450 g ) cottage cheese
- 1/2 cup ( 715 g ) sour cream
- 1/2 cup ( 124 g ) ricotta cheese
- 1 jar ghee

Slow Cooker Butternut Squash Soup (save half for tomorrow)
D Chicken and Broccoli Pesto Pasta (save half for tomorrow)

## T H U R S D A Y

3 Mexican Scramble
Slow Cooker Butternut Squash Soup
Crab Cakes \& Arugula Salad

## F R I D A Y

Blueberry Muffins
Everything But The Bagel Dip
Crab Cakes \& Arugula Salad (save half for tomorrow)

> S ATURDAY

B Fajita Style Breakfast Burrito
L. Everything But The Bagel Dip

D Lemon Ricotta \& Broccoli Soup (make half recipe)

## GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (260 g) canned black beans
- 1/4 cup (31 g) chopped walnuts
- Whole wheat flour (or substitute with almond flour)
- 3/4 cup (146 g) brown rice


## MISCELLANEOS

- Olive oil
- Avocado oil
- Salt
- Pepper
- Salt, pepper, and garlic seasoning
- Cinnamon
- Old Bay seasoning
- Everything but the bagel seasoning
- Green goddess dressing (Primal Kitchen)
- 1 rotisserie chicken (or one whole chicken to bake at home)
- 2 chicken breasts
- 2 oz (57 g) ground beef, 95\% lean
- 12 oz (345 g) lump crab meat
- $12 \mathrm{oz}(340 \mathrm{~g})$ beef tenderloin
- 6 oz ( 770 g ) lentil pasta
- 1 small loaf sour dough bread
- Almond flour crackers
- 1 sprouted grain wrap


## How to Meal Prep Week 1

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Start the slow cooker for Slow Cooker Butternut Squash Soup on Tuesday (needs 8 hours to cook). Finish the soup and store it in the refrigerator for lunch on Wednesday and Thursday.
- Option to pre-cut vegetables at the beginning of the week: cut broccoli into florets, slice yellow onions, dice red onions, and dice butternut squash.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to be used as leftovers the following day.


## Week 2

S U N D A Y
Coco Protein Balls (freeze half for Friday)
Chickpea Hemp Salad
Grilled Chicken \& Vegetable Skewers (save half for tomorrow)

## M O N D A Y

Salsa and Egg Whites
Classic Chili (save half for tomorrow)
Grilled Chicken \& Vegetable Skewers
T U E S D A Y
Strawberry Cherry Smoothie
Classic Chili
Roasted Chicken, Brussel Sprouts and Apples (double recipe and save half for tomorrow)

WEDNESDAY
Salsa and Egg Whites
Smoked Salmon Cobb Salad
Roasted Chicken, Brussel Sprouts and Apples

## T H U R S D A Y

B Strawberry Cherry Smoothie
Smoked Salmon Cobb Salad

Beef and Zucchini Stir Fry (save half for tomorrow)

## F R I D A Y

## Coco Protein Balls

L. Tarragon Chicken Salad (save half for tomorrow)

D Beef and Zucchini Stir Fry

## S A T U R D A Y

B Sweet Potato and Black Bean Breakfast Hash
L. Tarragon Chicken Salad

D Miso Ramen w/ Tofu

## S H O P P I N G LIST

## PRODUCE

- 1 yellow onion
- 1 large head broccoli
- 4 cups (352 g) brussels sprouts
- 1-2 heads romaine lettuce
- 2 cups ( 85 g ) baby spinach
- 2 zucchini
- 3 cloves garlic
- 1 sweet potato
- 1 scallion/green onion


## MEAT, POULTRY, DAIRY

- 10 egg whites ( 400 g )
- 6 whole eggs
- $11 / 2$ cup ( 360 g ) plain Greek yogurt
- 1 cup ( 180 g ) coconut milk yogurt
- 3 chicken breasts, boneless and skinless
- 12 oz (340 g) chicken thighs, boneless and skinless
- 1 bundle fresh tarragon
- 1 banana
- 2 avocados
- 1 cantaloupe
- 2/3 cup (96 g) strawberries (option to buy frozen)
- 1 cup (259 g) frozen cherries
- 2 red apples
- 1 lemon


## GRAINS, BEANS, NUTS, LEGUMES

- 3/4 cup (188 g) canned chickpeas
- 1 1/2 cup (390 g) black beans
- 1 cup ( 240 g ) almond milk
- 1 cup ( 80 g ) rolled oats
- 1/3 cup (36 g) slivered almonds


## MISCELANEOUS

- Olive oil
- Avocado oil
- Coconut oil
- Salt
- Pepper
- Cinnamon
- Adobo seasoning
- No sugar added BBQ sauce (Primal Kitchen)
- 3 cups ( 720 g ) miso broth
- Almond butter
- Chia seeds
- Hemp seeds
- $11 / 4$ cup ( 230 g ) brown rice
- 1/2 package ( 195 g ) ramen noodles
- 2 oz (57 g) tofu
- 1 can diced tomatoes with green chilis (or 2 tomatoes a 1 green chili to dice)
- 1 can fire roasted tomatoes
- Salsa
- Chocolate protein powder
Red wine vinegar


## How to Meal Prep Week 2

- Cook chili on Sunday to have it for lunch on Monday and Tuesday.
- Option to precook brown rice for the week (it can be stored in the freezer) to be served with dinner on Sunday, Monday, Thursday, and Friday.
- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Cook two hard-boiled eggs and 4 slices of turkey bacon on Tuesday evening to have with lunch on Wednesday and Thursday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.


## Week 3

S U N D A Y
Blueberry Muffins (freeze half for Friday)
Smoked Salmon Cobb Salad
Chicken Meatballs (save half for tomorrow)

## M O N D A Y

Granola and Yogurt Bowl
Tarragon Chicken Salad (save half for tomorrow)
Chicken Meatballs
T U E S D A Y
B Radiant Bliss Smoothie
Tarragon Chicken Salad
Fajita bowl (save half for tomorrow)
WEDNESDAY
Granola and Yogurt Bowl
L. Take to Go Lunch
D Fajita bowl

> T H U R S D A Y
B Radiant Bliss Smoothie
L. Take to Go Lunch
Jerk Shrimp Tacos w/ Cabbage Slaw (double the recipe and save half for tomorrow)

## F R I D A Y

3 Blueberry Muffins
L. Classic Chili (save half for tomorrow)
D Jerk Shrimp Tacos w/ Cabbage Slaw
S A T U R D A Y

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## SHOPPINGLIST

## PRODUCE

- 1 head romaine lettuce • 1 cup (148 g) blueberries
- 2 yellow onions
- 2 red bell peppers
- $1 / 2$ cup (62 g)
- $1 / 2$ cup ( 123 g ) baby carrots - 1 lemon
- Shredded cabbage/slaw mix
- 4 sweet potatoes
- 1 scallion/green onion
- 1 bundle fresh tarragon
- 2 green apples
- 1 cup (245 g) frozen pineapple
- 1 honey dew melon
- 1 jar kalamata olives


## MEAT, POULTRY, DAIRY

- 9 eggs
- 3 cups (720 g) Greek yogurt
- 1/2 cup ( 174 g ) vanilla Greek yogurt
- 1 cup ( 180 g ) coconut milk yogurt
- 1 rotisserie chicken (or whole chicken to cook at home)
- Ghee


## GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- $11 / 2$ cups (380 g) canned black beans
- 2 oz (57 g) tofu
- Chia seeds
- Almond butter
- 1/3 cup (36 g) slivered almonds


## MISCELANEOUS

- Olive oil
- Avocado oil
- Coconut oil
- Salt
- Pepper
- Garlic powder
- Fajita seasoning
- Jerk seasoning
- Unsweetened apple sauce
- Paleo granola
- 3 chicken breasts
- 12 oz (340 g) ground chicken
- 8 oz (227 g) ground beef, 95\% lean
- 2 oz (57 g) smoked salmon
- 8 oz (227) shrimp, peeled and deveined
- 2 slices turkey bacon
- Whole wheat flour (or substitute with almond flour)
- Arrowroot flour
- 1/2 cup (92 g) brown rice
- 1/2 package (195 g) ramen noodles
- 1 can diced tomatoes with green chilis (or 2 tomatoes + 1 green chili to dice)
- 1 can fire roasted tomatoes
- Baking powder
- 4 corn tortillas
- 3 cups ( 720 g ) miso ginger broth


## How to Meal Prep Week 3

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Option to precook brown rice (which can be stored in the freezer) to have with dinner on Tuesday and Wednesday.
- Cook four hard-boiled eggs earlier in the week to have with lunch on Wednesday and Thursday.
- Cook chili on Thursday (or earlier in the week and store it in the freezer) to have for lunch on Friday and Saturday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.


## Week 4

## S U N D A Y

Salsa and Egg Whites
L. Deconstructed Chicken Summer Rolls

Crab Cakes \& Arugula Salad (save half for tomorrow)

## M O N D A Y

Granola and Yogurt Bowl
Avocado Chicken Salad
Crab Cakes \& Arugula Salad

## T U E S D A Y

Coco Protein Balls (save half for Thursday)
Avocado Chicken Salad

Fajita bowl (save half for tomorrow)
WEDNESDAY
Granola and Yogurt Bowl
Everything But The Bagel Dip
Fajita bowl

> THERSSAY

B Coco Protein Balls
L. Everything But The Bagel Dip

D Grilled Chicken \& Vegetable Skewers (save half for tomorrow)

## F R I D A Y

Salsa and Egg Whites
Chicken Caesar Pasta Salad (make double recipe and save half for tomorrow)
D Grilled Chicken \& Vegetable Skewers
S A T U R D A Y

B Fajita Style Breakfast Burrito
L. Chicken Caesar Pasta Salad

D Jerk Shrimp Tacos w/ Cabbage Slaw

## S H O P PING LIST

PRODUCE

- 1 head bibb lettuce - 2 cucumbers
- 1 head kale
- 1 large head broccoli
- 5 cups ( 100 g ) arugula
- 1 scallion/green onion
- 3/4 cup (64 g) broccoli slaw or shredded broccoli
- 1 red onion
- 2 yellow onions
- 2 red bell peppers
- 1 green bell pepper
- Shredded cabbage/slaw
- 2-3 avocados
- 1 cantaloupe
- 2 lemons
- 1/2 cup (62 g) raspberries
- 1 banana
- 2 clementines


## MEAT, POULTRY, DAIRY

- 10 egg whites ( 400 g )
- 3 whole eggs
- 4 7/4 (1020 g) Greek yogurt
- 1/2 oz (14 g) parmesan cheese
- 1 rotisserie chicken (or whole chicken to cook at home)
- Ghee


## GRAINS, BEANS, NUTS, LEGUMES

- Chia seeds
- Almond butter
- 1 cup ( 80 g ) rolled oats
- 6 oz (770 g) chickpea pasta
- 1 cup (185 g) brown rice
- Almond flour crackers
- 1 sprouted grain wrap


## MISCELANEOUS

- Olive oil
- Avocado oil
- Salt
- Pepper
- Old Bay seasoning
- Fajita seasoning
- Everything but the bagel seasoning
- Adobo seasoning
- Jerk seasoning
- No sugar added BBQ sauce (Primal Kitchen)
- Green goddess dressing (Primal Kitchen)
- Caesar dressing (Primal Kitchen)
- Chocolate protein powder
- 2 corn tortillas
- Salsa
- Paleo granola


## How to Meal Prep Week 4

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Option to precook brown rice (which can be stored in the freezer) to have with dinner on Tuesday, Wednesday, Thursday, and Friday.
- On Thursday evening, make Chicken Caesar Pasta Salad to have for dinner on Friday and Saturday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.


[^0]:    B Sweet Potato and Black Bean Breakfast Hash
    L. Classic Chili

    D Miso Ramen w/ Tofu

