



## GROCERY LIST WEEK 1:

### Produce:

Tomato (2)  
Avocado (2)  
Romaine lettuce (whole, not chopped)  
Red onion (1)  
Sweet potatoes (4)  
Asparagus  
Butternut squash (1 small)  
Brussel sprouts  
Baby spinach  
Mushrooms  
Red bell pepper  
Red onion  
Banana  
Apples  
Fruit for snack  
Raw veggies for snacks  
Fresh thyme  
Minced garlic

### Deli:

Rotisserie Chicken (make sure no marinades are used)  
Hummus (no sugar)

### Butcher:

Bacon (uncured, no nitrites)  
1 lb. ground Italian sausage  
2 lb. boneless, skinless chicken breast  
2 lbs. pork tenderloin  
4 pounds pork ribs

### Dairy:

Eggs  
Unsweetened Coconut/almond milk

### Miscellaneous:

Balsamic vinegar  
Olive oil  
Garlic powder  
Onion powder  
Dry mustard  
Dry basil  
Sea salt  
Black pepper  
Ground oregano  
Chili powder  
Cumin  
Paprika  
Ground cinnamon  
Cayenne pepper  
Red pepper flakes  
Beef broth-low sodium (3 cups)  
Chicken broth- low sodium (3 cups)  
Pure Maple syrup  
Dijon mustard  
Apple cider vinegar  
Nuts  
Nut butter (all natural, no peanut butter)  
(2) 14.5 oz. cans diced tomatoes (no sugar)  
Jar of salsa (no sugar)  
Coconut oil  
Arrowroot or tapioca starch (Fresh Market carries)  
Bag frozen chopped broccoli

## Vegetable Omelet

*Serving Size: 1*

### Ingredients:

Olive oil

¼ cup chopped mushrooms

¼ cup chopped bell pepper

Handful baby spinach

2 whole eggs, 1 egg white (whisked)

### Directions:

Heat olive oil over medium/high heat. Add bell peppers until desired tenderness reached. Sauté mushrooms and spinach in same pan for 1-2 minutes until spinach wilts. Add whisked eggs and cook.

## Green Smoothie

*Serving Size: 1*

### Ingredients:

1 cup unsweetened almond/coconut milk

Handful baby spinach

1 banana

½ cup ice (more or less depending on consistency)

### Directions:

Put in blender and enjoy!

## Cobb Salad

*Serving size: 2*

### Ingredients:

½ Rotisserie chicken, deboned and chopped

2 Boiled eggs, chopped

3 slices Bacon, crumbles

1 Tomato, diced

1 Avocado, diced

Romaine lettuce, chopped

### Dressing:

¼ cup Balsamic vinegar  
3tbsp water  
½ cup Olive Oil  
1 tsp. garlic powder  
1 tsp onion powder  
1 tsp salt  
1 tsp black pepper  
Mix all dressing ingredients and shake/whisk well

Directions:

Toss all salad ingredients with dressing. Serve.

Pizza Soup

*Serving Size: 4-5*

Ingredients

1 lb ground Italian Sausage (no sugar)  
Bag frozen chopped broccoli  
3 cups beef broth  
3 cups chicken broth  
2 (14.5 oz.) can diced tomatoes  
4 tsp oregano  
Dash of red pepper flakes

Directions

1. Sauté sausage until brown
2. Add tomatoes, oregano and red pepper flakes. Stir.
4. Pour in broth and then add broccoli.
5. Bring to boil and then simmer for ten minutes.

Lettuce Wrap Tacos

*Serving Size: 4-5*

Ingredients:

2 lbs. chicken breast  
1 tsp salt  
1 tsp pepper  
3 tsp chili powder

2 tsp cumin  
1 1/2 tsp paprika  
1/2 tsp garlic powder  
1/2 tsp cayenne powder (add more if you want spicier)  
1/2 tsp oregano  
Jar of salsa (no sugar)

Directions:

Mix all dry ingredients in bowl. Place chicken breasts flat in crock pot. Sprinkle dry ingredients evenly over chicken breasts. Pour jar of salsa evenly over chicken breast. Cook on low for 4 hours. Remove chicken breasts and shred with a fork. Return to crock pot and mix all together. Use lettuce as a wrap or make a taco salad. Top with avocado, diced tomatoes or onion, etc.

Baked Vegetables

- Preheat oven to 400
- Rinse vegetables (pick a couple, bake, and refrigerate for the week)
  - Green beans (toss in olive oil, sea salt and pepper)
  - Brussel sprouts (cut off end and slice in half, length-wise. Toss in olive oil, salt and pepper)
  - Asparagus (toss in olive oil, sea salt and pepper)
  - Sweet potato chips or cubes (toss in olive oil, sea salt and pepper OR Coconut oil and salt)
  - Butternut squash cubes (toss in olive oil, sea salt and pepper OR Coconut oil and salt)
- Bake until desired tenderness, flipping when necessary