



GROCERY LIST WEEK 2

Produce:

Red bell pepper
Strawberries
Baby spinach (2 bags)
Mushrooms (2 containers)
Tomatoes (8)
Romaine lettuce
Guacamole (no sugar)
Cilantro
Large tomato
4 small roma tomatoes
Whole garlic
Red onion (1)
Yellow onion (2)
Broccoli slaw
Shredded carrots
Sweet potatoes (4)
Bag of chopped kale
Cajun seasoning (onion, bell pepper, celery etc.)
1 large yellow squash (or 2 small)
Bananas
Green onion
Fruit for snacks
Carrots
Celery

Deli:

Rotisserie chicken

Butcher:

Bacon (uncured, no nitrites)
2 lbs. boneless, skinless chicken breast
(2) bone-in pork chops, sliced thin

1 lb. ground beef

Dairy:

Eggs
Unsweetened coconut/almond milk

Specialty:

Ghee (can be found at Fresh Market)
Paleo friendly taco seasoning (low sodium, no sugar etc.; Fresh Market)

Miscellaneous:

(1) 15 oz. can black beans
Balsamic vinegar
Olive oil
Garlic powder
Onion powder
Chili powder
Cumin
Paprika
Cayenne powder
Ground oregano
Red pepper flakes
Jar of salsa (no sugar)
Minced garlic
Coconut oil
Aminos (soy sauce substitute)
Frozen broccoli (florets)
Ground red pepper
Orange juice (no pulp, small carton)
Pure maple syrup
All natural peanut butter (read ingredients)
Apple cider vinegar
2 boxes chicken broth (low sodium)

Sweet Potato Hash

Using a grater, shred rinsed sweet potato. Heat olive oil or coconut oil in pan on stove on medium/high heat. Sauté in either olive oil or coconut oil until desired tendancy. Season to taste with salt and pepper

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

Strawberry Spinach Salad

Serving Size: 2

Ingredients:

½ rotisserie chicken- chopped
½ red bell pepper, diced (small)
4 pieces cooked bacon, crumbled
8 button mushrooms, chopped
8 strawberries, diced (large)
1 bag baby spinach

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 ingredients with dressing.

Taco Salads

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)

15 oz. can black beans

Guacamole (no sugar)

Cilantro

Diced red onion

Large tomato, diced

Shredded romaine lettuce

Directions:

1. 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.
2. After chicken is cooked, warm black beans on stove.

3. Layer in a bowl the following: beans, lettuce, chicken, cilantro, diced tomatoes, red onion, and guacamole.

Chicken Stir Fry

Serving Size: 2-3

Ingredients:

Broccoli slaw
Shredded carrots
Frozen chopped broccoli
Mushrooms, sliced
2 tsp minced garlic
2 tbsp. coconut oil
 $\frac{3}{4}$ cup chopped onions
2 tbsp. aminos (soy sauce substitute)
1 pound thinly sliced chicken breast
Kosher salt and freshly ground black pepper

Directions:

1. Chop veggies
2. Melt coconut oil over medium heat. Toss in garlic and onions and stir fry until tender.
3. Add mushrooms, shredded carrots and broccoli along with salt and pepper
4. Add chicken slices and aminos.
5. Enjoy!

Sautéed Kale

Serving Size: 4-6

Ingredients:

- Bag chopped kale
- Container of Cajun seasonings (bell pepper, onion, celery, garlic etc.)
- 2-3 tbsp. minced garlic
- 1.5 boxes of organic fat free, reduced sodium chicken broth
- 3 tbsp. olive oil

Directions:

1. Warm olive oil over medium heat in pot. Sautee Cajun seasonings until tender and translucent
2. Add kale and chicken broth. Kale will need to cook down so need to add in stages. Use tongs to mix around
3. Bring to a boil
4. Cover with lid and reduce heat to low/medium-low and simmer until stalks of kale are tender. Approx. 45-60 minutes.