



GROCERY LIST WEEK 3

Produce:

Large spaghetti squash
Yellow onion (2)
Red onion (1)
Avocado (2)
Mushrooms
Green onions
Large sweet potato
Cilantro
Brussels sprouts
5 medium Portobello mushrooms
Mangoes (2)
Lime (1)
Tomatoes (2)
Baby spinach
Bananas
Apples
Oranges
Cucumber

Butcher:

1 lb. ground Italian sausage
2 lbs. lean ground beef
1 lb. sausage (no sugar)
bacon (uncured, no nitrites)
Almond butter (no sugar)

Miscellaneous:

Dried basil
Can tomato sauce (no sugar)
½ lb. frozen spinach
Coconut oil
Hummus

Dairy:

Eggs
Unsweetened coconut/almond milk

Specialty:

Can pizza sauce (no sugar)
Ghee (or butter)
8 medium fresh shitake mushrooms
Paleo-friendly Fish sauce
Coconut flour
Marinara sauce (no sugar)
1.5 lb. fresh wild king salmon filet

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!

Mango-Avocado Salsa on Pan Seared Salmon

Serving Size: 3-4

Ingredients- Salsa

2 cups diced ripe mango
½ cup finely diced red onion
1 cup diced Hass avocado
¼ cup minced fresh cilantro
2 tbsp. extra virgin olive oil
Freshly ground black pepper
Pinch kosher salt
¼ tsp kosher
Juice from one lime (2 tbsp.)
2 small roma tomatoes, diced

Ingredients- Salmon

1.5 pounds fresh wild king salmon filet
2 tbsp. ghee
Kosher salt
Freshly ground black pepper

Directions

- Combine all salsa ingredients and fold into itself

- Cut salmon into 4 serving size pieces (remove scales)
- Pat dry, season all sides with salt and pepper
- Heat 2 tbsp. ghee in skillet on med-high heat until shimmering. Add salmon skin side down and turn down to medium-low heat
- Press salmon down with flexible spatula to prevent them from curling up
- Cook for 6 minutes or until crispy skin releases from surface of skillet
- Sear other sides of salmon for 30 seconds per side
- Spoon salsa on top of filet and serve.