

Weekly Meal Prep: No. 10

Grocery List

ENTREE 1



Slow Cooker Hawaiian Shredded Chicken

ENTREE 2



Easy Tuna Cakes with Roasted Red Pepper Mayo

BREAKFAST



Southwest Breakfast Casserole

SIDE



Chipotle Lime Butternut Squash

SNACK OR TREAT



Dark Chocolate Cherry Energy Bites

PROTEIN & DAIRY

- 1 lb. boneless skinless chicken breast
- 1/2 lb. boneless skinless chicken thighs
- 2 (5 oz.) cans *Safe Catch Tuna*
- 8 whole eggs
- 1 lb. ground chicken

PRODUCE:

- 1 yellow or red onion
- 1 small sweet onion
- 3 garlic cloves
- 3 limes
- 1 lemon
- 2 garlic cloves
- 1 red bell pepper
- 1/3 cup cilantro
- 2 scallions
- 2 lbs. butternut squash
(*may purchase pre-cubed*)
- For Slow Cooker Hawaiian Chicken:
Swiss chard leaves or leaf lettuce,
avocado slices, shredded carrots,
shredded cabbage, green onions,
fresh cilantro, etc. (*optional*)

CANNED AND DRY GOODS:

- 8 oz. can crushed pineapple
- 1/3 cup *coconut aminos*
- 1/4 cup roasted red pepper
- 7 oz. can chopped green chili
- 1/2 cup *coconut milk*
- 10 *pitted dates*
- 1 cup *dried cherries*
- 2 cups *whole almonds*
- 1/4 cup *mini chocolate chips*
- 1/4 cup almond flour

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 1/2 tsp. *ground ginger*
- 1/4 tsp. *red pepper flakes*
- 1 tsp. *dried dill weed*
- 1/2 tsp. *garlic powder*
- 2 tsp. *ground chipotle powder*
(*check in the Hispanic foods section*)
- 1/2 cup *mayo* (*homemade or*
Primal Kitchen Mayo)
- 2 Tbsp. *olive oil*
- 1 tsp. *ghee*
- Ghee, avocado oil or coconut oil*