

Weekly Meal Prep: No. 11

Grocery List



Slow Cooker Sloppy Joe Sliders



One-Dish Chicken Fajita Bake



3-Ingredient Breakfast Skillet



Blueberry Chicken Salad with Rosemary



Roasted Cinnamon Hazelnut Almond Butter

PROTEIN & DAIRY

- 1 lb. boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken thighs
- 1 lb. boneless, skinless chicken breasts or thighs
- 1½ lbs. organic ground turkey (or grass-fed beef)
- 2 boneless, skinless chicken breasts cooked, cooled and cubed (about 2 cups)
- 12 organic eggs

PRODUCE:

- ¾ cup shredded carrots, about 2 medium
- 2 small sweet potatoes
- 4 bell peppers, any color
- ½ medium onion
- ½ cup fresh blueberries
- ¼ cup diced celery
- ¼ cup diced red onion
- 1 Tbsp. fresh rosemary leaves (or 1 tsp. dried rosemary, crushed)

CANNED AND DRY GOODS:

- 14 oz. can organic tomato sauce
- ¼ cup canned organic tomato paste
- 2 Tbsp. apple cider vinegar
- 3 medjool dates (or 6 deglet dates)
- 3 Tbsp. chopped walnuts
- 2 cups raw almonds
- 2 cups raw hazelnuts

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 3 Tbsp. yellow mustard
- 1¼ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. chili powder
- ¼ tsp. paprika
- ¼ tsp. ground cumin
- ¼ tsp. dried oregano
- 1 Tbsp. ground cinnamon
- 3 Tbsp. avocado oil (such as *Primal Kitchen brand*) or olive oil
- 2 Tbsp. coconut oil
- 2 cups Whole30-compliant salsa of choice
- ¼ cup Whole30-compliant mayo (such as *Primal Kitchen* or *Homemade*)