



One-Pan Balsamic
Chicken Veggie Bake



Sweet Potato & Kale Chili



Turkey Apple Sausage Patties



5-Minute Green Goddess
Quinoa Salad



4-Ingredient PB & J Bites

Weekly Meal Prep: No. 1

Grocery List

PROTEIN & DAIRY

- 1 lb. ground beef
(85% lean; preferably grass-fed)
- 1 lb. ground turkey (white or dark meat)
- 1¼ lbs. boneless skinless chicken breast, tenders or thighs (if large, cut in half)
- 1 lb. ground turkey
(may substitute ground chicken or pork)

PRODUCE:

- 1 large yellow onion
- 3 cups peeled and chopped butternut squash (1 small)
- 2 medium sweet potatoes
- 4 cups broccoli slaw
(such as Trader Joe's or equivalent)
- 3 large handfuls of chopped kale
(about 1 bunch with stems removed)
- 1/2 medium cucumber
- 2 small red onions
- 1/2 cup finely minced apples with peel
(about 1 small apple)

- 1/2 medium avocado
- 3 small heads broccoli, chopped into pieces (about 4 cups)
- 3 medium carrots, peeled and cut into skinny sticks (about 1½ cups)
- 2 cups button mushrooms, halved if large
- 1/2 cup cherry or grape tomatoes
- 4 garlic cloves, finely minced
- 1 lemon
- 1/4 cup fresh basil, finely chopped + additional for topping
- 1 tsp. fresh thyme (or 1/2 tsp. dried)

CANNED AND DRY GOODS:

- 64 ounces tomato juice
- 2 14.5-ounce cans fire-roasted diced tomatoes
- 2½ cups rolled oats
(gluten-free, if needed)
- 2/3 cup dry quinoa
(prepared according to package directions, or 1 cup cooked quinoa)
- 2/3 cup Nuttzo, organic peanut butter or almond butter
- 1/2 cup fruit-sweetened jam
(such as Crofter's or Trader Joe's)
- 3 Tbsp. chia seeds

OILS, SPICES & CONDIMENTS:

- 1/4 cup avocado oil
- 1 tsp. apple cider vinegar
- 2 Tbsp. extra-virgin olive oil
- 1/2 cup balsamic vinegar
- 2 Tbsp. coconut oil
(may substitute avocado oil)
- 3 Tbsp. chili powder
- 1 tsp. chipotle powder
- 1/2 cup sliced almonds
- 2½ tsp. garlic powder
- 1/2 tsp. Italian seasoning or dried sage
- 1/2 tsp. paprika
- 1/4 tsp. fennel seeds, lightly crushed (optional)
- 1¼ tsp. sea salt
- 1/2 tsp. black pepper