

Weekly Meal Prep: No. 2

Grocery List

PROTEIN & DAIRY

- 1 lb. boneless, skinless chicken thighs
- 1 lb. boneless, skinless chicken breasts
- 1½ lb. wild-caught salmon fillets
- 4 slices uncooked bacon
- ¼ cup butter
- 13 large eggs

CANNED AND DRY GOODS:

- 1 12-ounce jar Salsa Verde (such as Trader Joe's)
- 1 4-ounce can fire-roasted green chiles
- ¼ cup almond flour
- ¼ cup coconut flour
- ½ cup dairy-free mini-chocolate chips

PRODUCE:

- 1 cup packed fresh spinach or ½ cup frozen spinach, drained well
- ½ small butternut squash, cut into ½ - ¾" cubes
- 2 medium cauliflower (about 12 cups of riced cauliflower)
- 1 lb. Brussels sprouts, trimmed and halved
- 1 yellow onion
- ¼ small red onion, thinly sliced
- 2 small ripe bananas, mashed (~¾ cup)
- 1 lemon, juiced
- 10 cloves garlic
- 2 Tbsp. fresh dill (or 2 tsp. dried dill)
- Fresh cilantro, lime wedges and/or diced avocado for serving, *optional*
- 2-4 green onions, chopped (*optional*)
- Fresh parsley, chopped (*optional*)

OILS, SPICES & CONDIMENTS:

- 1 Tbsp. olive oil
- 1 Tbsp. avocado oil
- ¼ cup coconut oil
- 2 Tbsp. coconut oil or ghee
- 2 Tbsp. balsamic vinegar
- ½ tsp. ground cumin
- ½ tsp. dried oregano
- 1 tsp. dried sage
- ¼ tsp. dried thyme
- ½ tsp. dried parsley
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ tsp. baking soda
- 2 tsp. pure vanilla extract
- Sea salt and black pepper

OTHER

- ½ cup coconut milk (or almond milk)
- ½ cup water or broth



Slow Cooker Chicken Chile Verde



Lemon Butter Seared Salmon



Caramelized Onion Butternut Squash Crustless Quiche



Roasted Brussels Sprouts with Bacon



Grain-Free Banana Chocolate Chip Muffins