

Weekly Meal Prep: No. 4

Grocery List

ENTREE 1



Grain-Free Spaghetti Pie

ENTREE 2



Easy Lemon Garlic Chicken Thighs

BREAKFAST



Asian Stir Fry Frittata

SIDE



Brussels Sprouts Salad with Citrus Vinaigrette

SNACK OR TREAT



Key Lime Pie Bars

PROTEIN & DAIRY

- 1 pre-cooked chicken sausage (such as Aidell's or sausage of choice)
- 10 eggs
- 1 lb. grass-fed ground beef
- 1½ lbs. boneless, skinless chicken thighs
- 6-8 slices bacon (such as Pederson's Natural Farms Bacon)
- 4 oz. soft goat cheese (optional: omit for dairy-free)

PRODUCE:

- 2 lbs. spaghetti squash
- 24 oz. Brussels sprouts, shredded (may purchase 2-10 oz. bags of pre-shredded Brussels sprouts or substitute shredded cabbage)
- 1 medium green pepper
- 1 small yellow onion
- 1 small red onion
- 1 small orange
- 2 lemons
- 2 limes
- 1 small shallot
- 7 garlic cloves
- 3 cups spinach
- ¼ cup fresh basil
- 2 tsp. fresh thyme (or 1 tsp. dried thyme)
- 2 tsp. fresh rosemary (optional)

CANNED AND DRY GOODS:

- 1 25-oz. jar no sugar-added marinara sauce of choice
- ⅔ cup dried cherries (may substitute cranberries or raisins)
- ⅔ cup sliced almonds
- 20 pitted deglet dates (or 10 medjool dates, pitted)
- ¾ cup whole almonds
- ¾ cup raw cashews
- ¼ cup unsweetened shredded coconut

OILS, SPICES & CONDIMENTS:

- 1 Tbsp. coconut aminos (or wheat-free tamari sauce)
- 1 Tbsp. avocado oil
- 2 Tbsp. ghee or butter
- 1 tsp. garlic powder
- 1 tsp. yellow mustard
- ¾ cup avocado or olive oil
- ¼ tsp. dried ginger
- ½ tsp. sea salt

OTHER:

- 10 ounces frozen stir fry veggie blend
- Nutritional yeast (optional)
- ¾ cup chicken broth (sugar-free for Whole30 or homemade)