

Weekly Meal Prep: No. 5

Grocery List

ENTREE 1



Slow Cooker Chicken Tacos

ENTREE 2



Sausage & Cabbage Sheet Pan Dinner

BREAKFAST



Blackberry Sage Breakfast Sausage

SIDE



Greek Quinoa Salad

SNACK OR TREAT



Paleo Carrot Cake Breakfast Cookies

PROTEIN & DAIRY

- 1-1½ lb. chicken breast or thighs
- 3 lbs. sausage of your choice (such as kielbasa, bratwurst or chicken sausage)
- 1 lb. ground pork
- 1 large egg
- 1/3 cup crumbled feta cheese

PRODUCE:

- 5-6 cups spinach or mixed greens (about 5 big handfuls)
- 1 small purple cabbage
- 1 small green cabbage
- 3 pounds small red-skinned potatoes
- 1 small avocado
- ¾ cup shredded carrots (about 2 long carrots)
- 1 medium cucumber
- 1 cup cherry tomatoes
- 1 small red onion
- 1 lemon
- ½ cup fresh blackberries (may substitute frozen)
- 2 Tbsp. fresh basil and/or oregano
- 2 Tbsp. fresh parsley, finely chopped, for garnish (optional)
- Salad greens or bibb lettuce for serving tacos
- Taco Toppings of choice: Fresh chopped veggies of choice, fresh cilantro, olives, diced avocado/ guacamole, fresh salsa, lime wedges etc.

OTHER:

- ½ cup organic or homemade salsa
- 3 servings, 36g, Vital Proteins collagen peptides (or other protein powder of choice)

CANNED AND DRY GOODS:

- ½ cup canned or frozen (thawed) artichoke hearts
- ¼ cup pitted kalamata olives
- ⅓ cup uncooked quinoa (or 1 cup cooked)
- ½ cup creamy nut or seed butter of choice
- ¼ cup coconut sugar (optional)
- 3 Tbsp. unsweetened applesauce (may substitute mashed banana)
- ⅔ cup almond flour/meal
- 2 Tbsp. coconut flour
- ½ cup crushed walnuts
- ¼ cup unsweetened shredded coconut

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 3 Tbsp. avocado oil or olive oil
- 3 Tbsp. butter/ghee, coconut oil, or extra-virgin olive oil
- 3 Tbsp. coconut oil
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. dried ground sage
- ½ tsp. dried thyme
- 1½ tsp. garlic powder
- ½ tsp. ground coriander (optional)
- ⅛ tsp. cayenne pepper
- 1 tsp. dried dill weed
- 1 tsp. vanilla extract
- ½ Tbsp. ground cinnamon
- ¼ tsp. ground nutmeg (optional)
- ¼ tsp. ground ginger (optional)
- ¼ tsp. sea salt
- ¼ tsp. black pepper