

Weekly Meal Prep: No. 6

Grocery List

ENTREE 1



Slow Cooker White Chicken Chili

ENTREE 2



BBQ Meatloaf Muffins

BREAKFAST



Sweet Potato Sausage Veggie Hash

SIDE



Lemon Butter Sauteed Kale with Garlic

SNACK



Thai Curry Cashews

PROTEIN & DAIRY

- 1 lb. Italian Sausage or Spicy Breakfast Sausage
- 1 lb. ground beef or ground bison
- 1½ lbs. boneless, skinless chicken breasts or thighs

PRODUCE:

- 1 lemon
- 2 limes
- 12 cloves garlic
- 12 cups kale (2 bunches)
- 2 medium onions
- 1 small red onion
- 2 red bell peppers
- 1 jalapeño
- Fresh cilantro
- 3 medium sweet potatoes
- 1/2 lb. Brussels sprouts

CANNED AND DRY GOODS:

- 1 Tbsp. nutritional yeast
- 2 cups raw whole cashews
- 1 tsp. coconut sugar (omit for Whole30-friendly)
- 4 cups organic chicken broth (or homemade bone broth)
- 1 14-oz. can full-fat coconut milk
- 1/4 cup barbecue sauce (recommend Tessemae's for Whole30)

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 2 Tbsp. ghee
- 3 Tbsp. + 1 tsp. coconut oil
- 3 Tbsp. avocado oil or ghee
- 2½ tsp. ground cumin (add more to taste)
- 1 tsp. dried oregano
- 2 tsp. chili powder (add more to taste)
- 1/2 tsp. turmeric
- 1/2 tsp. powdered or ground ginger
- 1/2 tsp. red pepper flakes
- 1/2 tsp. dried Thai or regular basil
- 1/2 tsp. dried thyme
- Sea salt & black pepper