

Weekly Meal Prep: No. 9

Grocery List

ENTREE 1



Buffalo Chicken Stuffed Spaghetti Squash

ENTREE 2



Beef and Broccoli

BREAKFAST



Sausage Sweet Potato and Veggie Skillet

SIDE



Thai Kale Salad with Ginger-Lemongrass Vinaigrette

SNACK



Paleo Ranch Dressing & Dip + Raw Veggies

PROTEIN & DAIRY

- 1¼ lbs. chicken breast
- 1-1¼ lbs. flank steak or sirloin
- 1 lb. sausage (*Whole30-Compliant such as Pederson Farms Kielbasa or Aidells Chicken Sausage*)

PRODUCE:

- 2 heads broccoli
- 1 medium onion
- 3 cloves garlic, finely chopped
- 3 red bell peppers
- 1 lb. brussels sprouts
- 1 large sweet potato
- 1 medium spaghetti squash (*about 3 lbs.*)
- 1 rib celery
- 4 green onions
- 2 Tbsp. + 1 tsp. minced fresh ginger
- 1½ tsp. lemongrass paste (*may substitute 2 tsp. lime juice*)
- 6 cups kale
- 2 small carrots
- ½ cup shredded red cabbage
- ½ cup sugar snap peas
- ⅓ cup fresh cilantro leaves
- Lime wedges (*optional*)
- Raw veggies for snacking

CANNED AND DRY GOODS:

- ¼ cup cashews, chopped
- 1 Tbsp. tapioca starch (*optional for a thicker sauce*)

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 1 tsp. dried parsley
- ½ tsp. dried dill
- 1½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. dried chives
- 1¼ tsp. red pepper flakes
- ½ cup Tessemae's Mild Buffalo Sauce
- 1 cup coconut aminos
- 1 Tbsp. raw apple cider vinegar
- ½ tsp. fish sauce (*optional*)
- ½ cup mayo (*homemade or Primal Kitchen Mayo*)
- ⅓ cup full-fat canned coconut milk
- 3 Tbsp. toasted sesame oil
- 2 Tbsp. cooking fat, divided
- 3 Tbsp. avocado oil or olive oil