



# GROCERY GUIDE

DECEMBER 5-9

## PROTEIN

wild cod  
6 egg  
hummus  
plant based protein powder  
half dozen eggs  
walnuts

## PRODUCE

4 apples  
3 oranges  
3 lemons  
1 bunch bananas  
blueberries  
5 sweet potatoes  
3 avocados  
organic carrots  
organic celery  
1 package organic kale  
1 package organic arugula  
3 red bell peppers  
2 cucumbers  
1 cauliflower head  
*(if you can't find frozen)*  
1 yellow onion  
garlic

## GRAINS

low sugar granola  
*(I like Purely Elizabeth)*  
quinoa  
brown rice wraps  
*(in the frozen section)*  
rolled oats  
brown rice cakes  
popcorn kernels

## CAN / CONDIMENTS

black beans  
chick peas  
tahini  
kimchi / sauerkraut  
coconut oil  
whole grain mustard  
1 can crushed tomatoes

## DAIRY

1 small unsweetened yogurt:  
dairy or non-dairy  
*(READ INGREDIENTS!! - siggy's and coyo are my favorite brands. close second being kite hill and forager or green hill organics for non-dairy and lactose free yogurts)*

ghee  
almond milk

## EXTRA

olive oil spray  
*(I used Chosen Food sprays - they are genuinely amazing and cover so much surface area)*  
dark chocolate  
vegetable broth  
maple syrup  
cinnamon  
nutmeg  
vanilla extract  
garlic powder  
turmeric  
rosemary  
oregano  
cacao powder  
chia seed  
flax seed

## FROZEN

frozen spinach  
frozen cauliflower  
*(or fresh - steam it, and freeze it)*  
frozen broccoli

## SUNDAY MEAL PREP

Cook 1/2 cup dry quinoa,  
roast sweet potatoes: 3  
regular, 2 for fries Make  
soup and freeze half of it  
for Wednesday and Thursday.  
Steam half the frozen broccoli.



# MEAL PLAN

## MONDAY

**breakfast:** smoothie: 1/2 roasted sweet potato, 1/2 cup frozen cauliflower, 1 peeled carrot, 1 tbsp maple syrup, 1 banana, cinnamon, nutmeg, almond butter, almond milk. topped with granola.

**snack:** rice cake, 1/2 avocado, tomato, and kraut/kimchi (spices: garlic powder, salt, pepper, rosemary).

**lunch:** stuffed sweet potato with 1/4 cup quinoa and 1/4 cup white beans, tahini, hummus sautéed kale in olive oil spray, garlic, salt, pepper, and rosemary. Apple on the side.

**snack:** celery with nut butter.

**dinner:** cod with broccoli, quinoa, and dark chocolate.

**do:** prep overnight oats for next day snack.

## WEDNESDAY

**breakfast:** sweet potato mash, 1 small yogurt, granola, nut butter, blueberries.

**snack:** 1 red pepper and 1 cucumber, sliced with hummus and apple.

**lunch:** unfrozen soup, piece of toasted brown rice wrap with ghee, 1/2 avocado.

**snack:** popcorn, walnuts, dark chocolate - melt dark chocolate and drizzle over popcorn.

**dinner:** steamed frozen cauliflower and broccoli, arugula, quinoa, 1/2 pepper, tomatoes, 1/2 cucumber, 1/2 avocado, and homemade dressing.

**do:** prep overnight oats.

## TUESDAY

**breakfast:** breakfast pizza on brown rice tortilla with 1/2 avocado, over easy egg, tomato, kimchi/kraut and sautéed arugula + blueberries.

**snack:** chocolate peanut butter overnight oats with, banana, chia seeds, flax seeds (1/3 cup rolled oats, 1 tbsp cacao powder, 1 tsp maple syrup, 1 tbsp chia seeds, 1 tbsp ground flax, 1 cup almond milk. Let sit over night. Drizzle with peanut butter and banana in the morning).

**lunch:** cod with broccoli and 1 serving sweet potato fries; apple.

**snack:** carrots and hummus  
**dinner:** soup topped with kraut/kimchi. Popcorn on the side.

**do:** steam rest of frozen broccoli and cauliflower for the week.



# MEAL PLAN

## THURSDAY

**breakfast:** carrot cake overnight oats (1/3 cup oats, 1/2 grated carrot, 1 tbsp chia seeds, 1 tbsp ground flax, 1/4 tsp vanilla extract, 1 tbsp maple syrup, dashes of cinnamon, nutmeg, allspice). Top with 1 tbsp walnuts and 1 tbsp almond butter in the morning.

**snack:** apple with almond butter, cinnamon, and granola.

**lunch:** sweet potato fries, quinoa, hummus, 1/4 avocado, black beans, kimchi / saurkraut, with leftover steamed broccoli and cauliflower drizzled with tahini.

**snack:** turmeric latte (1 cup almond milk, 1 tsp coconut oil, 1 tsp honey, 1/4 tsp turmeric, dash of black pepper, 1/4 tsp vanilla extract, cinnamon and nutmeg) with walnuts.

**dinner:** unfrozen soup, 1/4 avocado on top, popcorn, dark chocolate.

## FRIDAY

**breakfast:** smoothie: frozen spinach, banana, nut butter, flax seed, almond milk, chia seeds, plant based protein powder topped with granola.

**snack:** rice cake with almond butter, ground flax seed and cinnamon.

**lunch:** steamed frozen cauliflower, broccoli, quinoa, black beans, tahini, carrots, and sautéed arugula.

**snack:** carrots with hummus.

**dinner:** roasted sweet potato fries, omelettata with 1/2 pepper, tomatoes, and pre-steamed broccoli, with kraut/kimchi, half avocado. Popcorn on the side.

## **WILD COD**

### **ingredients**

1-1 1/2 pounds wild cod filets (any wild, white fish will do) (1/2 pound is typically one serving)  
3 oranges  
1 lemon  
1/4 cup olive oil  
1/2 tsp garlic  
1/4 tsp turmeric  
Fresh basil, chopped  
2 tablespoons honey  
Salt and black pepper

### **instructions**

1. preheat oven to 400
2. lay cod filets in a shallow pan or baking dish.
3. in a small bowl, mix zest of 1 orange and 1 lemon, juice from 3 oranges, olive oil, chopped basil salt, black pepper. slice lemon and orange slices and place them over cod.
4. place the fish into the oven to for 8-10 minutes per inch of thickness.

## **OMELETATTA**

### **instructions**

1. heat oven to high broil.
2. sautee vegetables in a pan with olive oil
3. whisk 2 eggs 2 egg whites with rosemary, garlic, salt, pepper, oregano.
4. pour egg mixture over sautéed vegetables.
5. place in oven high broil for 4-5 minute.

## **DRESSING**

### **instructions**

2 tbsp olive oil, 1 tbsp lemon, 1/2 tsp ground mustard, 1/4 tsp garlic, 1/8 tsp rosemary, salt, and pepper to taste

## **SOUP**

### **ingredients**

1 large yellow onion, diced (2 cups)  
3 medium carrots, diced (1 1/2 cups)  
2 stalks celery, diced (1 cup)  
2 Tbsp olive oil  
1 red bell pepper, diced  
3 cloves garlic, minced  
1 (32 oz) carton unsalted or low-sodium vegetable broth  
1 (28 oz) can crushed tomatoes  
1 tsp dried rosemary, crushed  
1 tsp turmeric  
Salt and freshly ground black pepper, to taste  
3/4 cup dry quinoa  
1/2 can cannellini beans, drained and rinsed  
1/2 can black peas, drained and rinsed (aka garbanzo beans)  
1/2 package arugula  
1/2 package kale

### **instructions**

1. in a large stockpot, heat olive oil over medium-high heat. Add diced onion, carrots and celery and saute about 5 minutes, until softened. Add in red bell pepper and saute 2 minutes, then add garlic and cook 1 minute longer.
2. add in vegetable broth, crushed tomatoes, water, rosemary, and turmeric, and season with salt and pepper to taste. Bring mixture to a boil, then reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes.
3. add in dry quinoa then cover and cook 15 - 20 minutes longer.
4. add cannellini beans, black beans, kale and lemon juice and cook, uncovered, until kale has wilted, about 5 minutes.