



# GROCERY GUIDE

DECEMBER 12-16

## PROTEIN

6 eggs  
1 package tempeh  
vanilla plant protein powder  
frozen shrimp  
peanut butter  
almond butter  
walnuts

## PRODUCE

4 apples  
3 lemons  
1 bunch bananas  
blueberries  
3 avocados  
3 zucchinis  
2 packages organic kale  
2 red bell peppers  
2 cucumbers  
grape tomatoes  
1 cauliflower head  
1 butternut squash  
1 package mushrooms  
dates  
garlic  
ginger

## GRAINS

whole grain / GF toast  
*(in the frozen section)*  
rolled oats  
corn tortillas

## CAN / CONDIMENTS

refried beans  
kimchi / sauerkraut  
coconut oil  
1 can wild salmon  
coconut aminos / soy sauce

## 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  
nutritional yeast / parm cheese

## EXTRA

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

## FROZEN

frozen spinach

## SUNDAY MEAL PREP

Egg cups  
Kale pesto  
Butternut squash - 1/2 cubed,  
1/2 mashed  
Cauliflower mash



# MEAL PLAN

## MONDAY

**breakfast:** 2 egg cups, 2 peanut butter balls, 1/2 cup blueberries

**snack:** toast with avo mash and sautéed mushrooms, apple

**lunch:** zucchini noodles with pesto, tomatoes, 1/2 cucumber, maple ginger tempeh

**snack:** homemade hot chocolate: 1 cup almond milk, 2 tbsp cacao powder, 1 tbsp maple syrup, 1 tsp coconut oil, 1/4 tsp vanilla extract, banana

**dinner:** sautéed kale with shrimp, tomatoes, and cauliflower mash

**do:** prep overnight oats for next day breakfast

## TUESDAY

**breakfast:** zucchini overnight oats: 1/2 shredded zucchini, 1/3 cup oats, 1 tbsp ground flaxseed, 1 tbsp chia seeds, 1/4 tsp vanilla extract, 1 mashed banana, 1.25 cup almond milk topped with walnuts

**snack:** apple with almond butter, ground flax seed, and cinnamon

**lunch:** 2 corn tortillas with sautéed shrimp, kale pesto, cauliflower mash, 1/2 avocado

**snack:** 2 pb oat balls

**dinner:** sauteed 1/2 zucchini and handful mushrooms with tempeh and refried beans / dark chocolate

## WEDNESDAY

**breakfast:** brownie smoothie - 1/2 zucchini, banana, chocolate protein powder, 2 dates (or 2 tbsp maple syrup), 1 tbsp pb, banana, cacao powder

**snack:** butter nut squash cubes, yogurt, blueberries with 1 pb oat ball on top

**lunch:** 2 egg cups topped with pesto, toast with butternut squash mash and blueberries

**snack:** 2 pb oat balls

**dinner:** kale salad with pesto, 1/2 cucumber, 1/2 red pepper, cauliflower mash, shrimp, and tempeh



## MEAL PLAN

### THURSDAY

**breakfast:** toast with pesto, butternut squash mash, kale, kimchi, 1 egg cup, apple

**snack:** 2 oat balls

**lunch:** 1/2 avocado, 1/2 canned salmon on toast with cucumber, 1 banana

**snack:** 1/2 cucumber, tomatoes, walnuts, dark chocolate

**dinner:** corn tortillas, refried beans, garlic shrimp, 1/2 avocado, sauteed mushrooms, side of cauliflower mash

### FRIDAY

**breakfast:** smoothie: frozen spinach, 1 banana, 1/2 cup blueberries, 1 cup almond milk, 1 scoop vanilla plant based protein powder, 1 tbsp flax seed, 1 tbsp almond butter, 1 cup almond milk, dash of cinnamon and 1/4 tsp / splash of vanilla extract

**snack:** 2 pb oat balls

**lunch:** 1/2 avocado, canned salmon (mixed together with paprika, salt, pepper, garlic powder, and 1/2 cucumber), on toast with kimchi and dark chocolate

**snack:** 1/2 red bell pepper and tomatoes with pesto

**dinner:** butternut squash cubes, sauteed mushrooms, 1 egg cup, refried beans on toast, 2 dates filled with almond butter and cinnamon

## MAPLE GINGER TEMPEH

3 SERVINGS

### ingredients

1 package tempeh  
2 tbsp maple syrup  
olive oil spray  
2 tbsp coconut aminos / soy sauce  
1/2 tsp garlic  
1/2 tsp ginger  
Salt and black pepper

### instructions

1. Cube tempeh.
2. Saute in pan with rest of ingredients, until browned.

## KALE PESTO

### ingredients

3/4 cups kale  
1 garlic clove  
1/4 cup olive oil  
1/4 cup nutritional yeast / parm cheese  
1/3 cup walnuts  
juice from 1/2 lemon  
Salt and black pepper

### instructions

1. combine in food processor until smooth

## PEANUT BUTTER BALLS

### ingredients (combine all)

1/4 cup honey  
1 cup peanut butter  
1.5 cups oats  
1/2 cup ground flax seed meal  
optional: dark chocolate chips

## EGG CUPS - MAKES 6

### ingredients

6 eggs  
1/4 cup almond milk  
1 bell pepper  
3/4 cup kale  
salt  
pepper

### instructions

1. Preheat oven to 375F
2. Whisk eggs and milk together. Season with salt and pepper.
3. Dice bell pepper and kale and add to egg mixture.
4. Fill each muffin cup 3/4 cup full and bake for 20-25 minutes until centers are set and no longer runny.

## GARLIC SHRIMP - 4 SERVINGS (RECIPE BELOW IS FOR 1 SERVING - TAKE SHRIMP OUT DAY AT A TIME TO AVOID GOING TO WASTE)

### ingredients

1 tbsp olive oil  
1/2 tsp fresh garlic  
juice from half lemon  
handful of grape tomatoes  
few dashes of paprika and turmeric  
salt and pepper to taste

### instructions

1. Thaw shrimp and combine all in a pan

## SAUTEED KALE

### ingredients

1 tbsp olive oil  
1/2 tsp fresh garlic  
juice from half lemon  
1 head kale  
salt and pepper to taste

1. Saute all in a pan