



GROCERY GUIDE

MAY 29-JUNE 2

PROTEIN

6 eggs
organic chicken sausage
salmon
collagen / protein powder
almond butter
pistachios

PRODUCE

blueberries
blackberries
3 oranges
3 apples
1 head cauliflower
1 bundle broccoli
1 package green beans
1 bundle of carrots
1 bundle celery
1 bundle kale
2 avocado
cherry tomatoes
fresh rosemary
2 lemons
1 package fresh arugula
1 package romaine
grape tomatoes
1 onion
garlic

GRAINS

gluten free toast (freezer)
brown rice cakes
rolled oats

CAN / CONDIMENTS

kimchi / sauerkraut
avocado oil
kidney beans
cannellini beans (/ navy beans)
1 container vegetable broth
1 can diced tomatoes
tahini
salad dressing

DAIRY

almond milk
nutritional yeast

EXTRA

olive oil spray
(I used Chosen Food sprays - they are genuinely amazing and cover so much surface area)
dark chocolate
cacao nibs
cacao powder
maple syrup
cinnamon
nutmeg
almond extract
garlic powder
turmeric
paprika
baking powder
baking soda

MEAL PREP

prep: roasted veggies, vegetable soup, cauliflower steak + tahini dressing, chocolate muffins, (recipes below), chia seed pudding
roast: 1. broccoli, green beans aside from 1 handful (used in soup. *veggies:* preheat oven to 350F, coat with avocado oil, dust with fresh rosemary, garlic powder, salt, and pepper for approximately 25-30min. 2. cauliflower: preheat oven to 450, douse head of cauliflower in avocado oil, rosemary, garlic powder, salt, pepper, place whole cauliflower on cast iron pan and roast for 40 minutes, or until tender all the way through. dress with lemon tahini dressing (recipe below)
mix: chia seed pudding: 1 cup chia seeds + 3 cups almond milk (add in sweeteners of your liking - honey, maple syrup, cacao powder, vanilla extract, cinnamon - whatever you like best!)



MEAL PLAN

MONDAY

breakfast: 2 chocolate muffins + blueberries + blackberries

snack: celery + pb + cinnamon

lunch: vegetable soup + avo + apple

dinner: big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, kraut, dressing) + dark chocolate square + tea

TUESDAY

breakfast: 1 piece ezezial bread + avocado + 2 scrambled eggs + wilted arugula + cherry tomatoes + kraut

snack: chia seed pudding + blueberries / blackberries

lunch: vegetable soup + avo + orange

dinner: salmon + grilled veggies + cauliflower steak w/ lemon tahini dressing

WEDNESDAY

breakfast: 2 chocolate muffins + blueberries + blackberries

snack: roasted veggies + hummus

lunch: big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, hummus, kraut, dressing) + apple

dinner: salmon + grilled veggies + cauliflower steak w/ lemon tahini dressing



MEAL PLAN

THURSDAY

breakfast: 1 piece ezezial bread + avocado + 2 scrambled eggs + wilted arugula + cherry tomatoes + kraut

snack: carrots + tomatoes + cucumbers with hummus

lunch: vegetable soup + avo + orange

dinner: cauliflower steak / tahini + roasted vegetables + hummus + chicken sausage + dark chocolate + tea

FRIDAY

breakfast: 2 chocolate muffins + blueberries + blackberries

snack: apple + almond butter dusted with cinnamon, cacao powder and a sprinkle of sea salt

lunch: cauliflower steak / tahini + roasted vegetables + hummus + chicken sausage + orange

dinner: big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, kraut, dressing) + dark chocolate + tea

VEGETABLE CROCK POT SOUP

ingredients

1 cup carrots, chopped
1 cup celery, chopped
1 cup onions, chopped
1 can fire roasted diced tomatoes
4 cups vegetable broth
1 can kidney beans
1 can cannellini beans
1 handful green beans
1/3 cup quinoa
3 bay leaves
3 garlic cloves, diced
salt
pepper
1/2 tsp turmeric
2 tbsp fresh rosemary

instructions

1. toss all in crockpot
2. heat on high for 4 hours, stirring intermittently

SALMON

ingredients

salmon (I buy frozen from Trader Joe's)
paprika, turmeric, garlic powder, salt, pepper (really any spice you like)

instructions

1. Grill on stove top or preheat oven to 350F
2. Bake 15-20 min

LEMON TAHINI SAUCE

ingredients

1/4 cup tahini
1 lemon, juiced (about 2 tablespoons of juice)
2 tablespoons nutritional yeast, salt + pepper
1 tbsp fresh rosemary
hot water to thin, about 2-3 tablespoons

CHOCOLATE ALMOND OAT MUFFINS (MAKES 7)

ingredients

1.5 cups almond flour
.5 cups oats
1/4 cup collagen
1/4 cup cacao powder
1/4 tsp baking powder
1/4 tsp baking soda
sprinkle of sea salt
2 eggs
1/4 tsp almond extract
2 tbsp maple syrup

instructions

1. Preheat oven to 350F. Combine dry ingredients (almond flour, oats, collagen, cacao powder, baking powder, baking soda, sea salt). In a separate bowl, combine wet ingredients (eggs, almond extract, maple syrup). Then mix together.
2. Place into cupcake liners.
3. Bake for 17-20 minutes, until tops are browned and firm.

KALE CHIPS

ingredients

one head of kale
juice of 1 lemon
nutritional yeast
garlic powder
salt
pepper

instructions

1. Preheat oven to 350F (175 degrees C). Line a tray with parchment paper.
2. Remove the kale leaves from the thick stems and tear into bite size pieces.
3. Bake until the edges brown but are not burnt, usually 10-15 minutes.