



\$45 GROCERY GUIDE

PROTEIN

dozen eggs
chicken breast
ground turkey

PRODUCE

bell peppers (4)
yellow onion (2)
lime (1)
lemon (1)
sweet potatoes (4)
brussels sprouts
1 bunch broccoli
1 package spinach
bananas (5)
apples (3)
avocado (2)

GRAINS

quinoa
oats
rice cakes
brown rice

CAN / CONDIMENTS

coconut aminos or soy sauce
sesame oil
diced tomatoes (2 cans)
1 can full fat coconut milk

DAIRY

almond milk

EXTRA

avocado oil
balsamic vinegar
maple syrup
honey
cinnamon
nutmeg
vanilla extract
garlic powder
paprika
rosemary
oregano
thyme
salt
pepper

FROZEN

frozen berries
frozen corn
frozen peas
frozen broccoli

LEFTOVER FROM PRIOR WEEKS

oats

quinoa

brown rice

frozen corn

frozen peas

frozen broccoli

rice cakes

almond butter

peanut butter



MEAL PLAN

MONDAY

breakfast: berry oat bake with almond butter

lunch: creamy tomato chicken

snack: scrambled eggs with avocado + sliced apple

dinner: vegetarian stuffed pepper + avocado

TUESDAY

breakfast: scrambled eggs with roasted brussels sprouts and rice cake + avocado

lunch: vegetarian stuffed pepper + avocado

snack: berry oat bake with peanut butter

dinner: turkey burger with sweet potato fries + leftover spinach

WEDNESDAY

breakfast: berry oat bake with almond butter + banana

lunch: turkey burger with sweet potato fries + leftover spinach

snack: apple with peanut butter

dinner: creamy tomato chicken



MEAL PLAN

THURSDAY

breakfast: mashed sweet potato with peanut butter, cinnamon and leftover frozen berries

lunch: creamy tomato chicken

snack: turkey burger + sweet potato fries

dinner: vegetarian stuffed pepper

FRIDAY

breakfast: roasted sweet potato with cinnamon, almond butter, banana

lunch: vegetarian stuffed pepper + avocado

snack: berry oat bake with peanut butter

dinner: creamy tomato chicken

TURKEY BURGERS

ingredients

1 package ground turkey
2 cloves garlic, minced
2 tbsp soy sauce
juice of 1 lime
1 tsp sesame oil
salt and pepper

instructions

Preheat oven to 350F. Combine ingredients. Form into patties. Bake for 20 minutes.

SWEET POTATO FRIES

2 sweet potatoes
spices: paprika, garlic powder, salt, pepper, avocado oil

instructions

Preheat oven to 350F. Slice sweet potatoes into fries. Cover with oil and spices at bake for ~1 hour, until soft. For the other two sweet potatoes, poke holes in sweet potatoes with a fork and bake for ~1 hour.

CREAMY TOMATO CHICKEN

ingredients

1 package chicken
1 can diced tomatoes
1 can full fat coconut milk
1 onion, chopped + 2 cloves garlic
2 cups fresh spinach
juice of 1 lemon

instructions

Saute onion and garlic.
Add chicken and brown on both sides. Add remaining ingredients and spices (salt, pepper, paprika). Add fresh spinach at the end and stir in.

BERRY OAT BAKE

ingredients

2 cups oats
2 eggs
1/4 cup apple sauce
1/4 cup maple syrup
1/4 cup almond milk
1/2 tsp baking soda
1 tsp vanilla extract
1 cup frozen berries
spices: cinnamon, nutmeg, salt

instructions

Preheat oven to 350F. Combine oats, baking soda, and spices in one bowl. Combine eggs, maple syrup, apple sauce, almond milk, vanilla extract in another bowl. Mix wet with dry. Fold in frozen berries. Bake for 25-30 min, until edges are golden and top is set.

VEGETARIAN STUFFED PEPPERS

ingredients

bell peppers (4)
1 cup quinoa (uncooked)
1 cup frozen peas
1 cup frozen corn
1 cup frozen broccoli
1 onion, diced
1 can fire roasted diced tomatoes
spices: salt, pepper, paprika, chili powder, garlic powder

instructions

preheat oven to 350F. Remove stem and pit from peppers and place in oven. On stovetop, saute onion and garlic with avocado oil. In a separate pan, prepare quinoa according to package instructions. Add diced tomatoes, frozen vegetables, and spices to onion and garlic. Stir until fragrant. Fold in quinoa when it's finished cooking. Remove peppers from oven. Add mixture to peppers.