



## \$50 GROCERY GUIDE

### PROTEIN

6 eggs  
chicken thighs  
chicken sausage  
chia seeds

### PRODUCE

bok choy  
broccoli  
kale  
brussels sprouts  
butternut squash  
celery  
broccoli  
bananas (5)  
garlic  
ginger  
limes (2)  
lemons (2)

### GRAINS

quinoa  
buckwheat soba noodles  
rice cakes  
quick cook rolled oats

### CAN / CONDIMENTS

coconut aminos or soy sauce  
sesame oil  
tahini  
2 cartons vegetable broth  
1 can pumpkin puree  
1 can full fat coconut milk

### DAIRY

almond milk  
dairy free yogurt

### 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 LAST WEEK

#### **kale**

#### **tomatoes (2)**

#### **chicken sausage**

#### **eggs (2)**

#### **carrots (6)**

#### **rice cakes**

#### **granola from week 1**

#### **almond butter**

#### **peanut butter**



# MEAL PLAN

## MONDAY

**breakfast:** pumpkin muffins with almond butter

**lunch:** kale quinoa turkey sausage stir fry

**snack:** 1 rice cake with peanut butter + banana

**dinner:** buckwheat ramen soup

## TUESDAY

**breakfast:** chia seed pudding with yogurt and berries

**lunch:** chicken with brussels sprouts and butternut squash

**snack:** pumpkin muffins

**dinner:** kale quinoa turkey sausage stir fry

## WEDNESDAY

**breakfast:** smoothie: kale, banana, frozen berries, almond butter, almond milk, cinnamon, nutmeg,

**lunch:** buckwheat ramen soup + soft boiled egg

**snack:** chia seed pudding + berries

**dinner:** chicken with brussels sprouts and butternut squash



# MEAL PLAN

## THURSDAY

**breakfast:** parfait with yogurt, leftover granola, banana, peanut butter

**lunch:** buckwheat ramen soup

**snack:** pumpkin muffins

**dinner:** kale quinoa turkey sausage stir fry

## FRIDAY

**breakfast:** moothie: kale, banana, frozen berries, almond butter, almond milk, cinnamon, nutmeg

**lunch:** chicken with brussels sprouts and butternut squash

**snack:** chia seed pudding + banana + peanut butter

**dinner:** buckwheat ramen soup

## BUCKWHEAT RAMEN BOWLS WITH

### ingredients

buckwheat (soba) noodles  
1 cup bok choy  
1 cup frozen broccoli  
1 cup frozen peas  
1 cup frozen corn  
5 stalks celery, chopped  
1 onion, chopped  
broth:  
2 in ginger root  
2 tsp garlic  
8 cups vegetable broth  
1/4 cup coconut aminos  
2 tsp sesame oil  
juice of 1 lime  
salt and pepper

### instructions

Combine onion, celery, and avocado oil to a pan. Add broth ingredients and bring to a boil. Let simmer for ~20 minutes. Add in soba noodles and let simmer for about 10 minutes. Add buckwheat noodles and let cook for 3 minutes then add frozen peas, corn, and broccoli. Lastly, add bok choy and blanch.

## QUINOA KALE STIR FRY

### ingredients

2 cups kale  
2 tomatoes, diced  
1 cup carrots, peeled and chopped  
1/2 cup quinoa, cooked  
juice of 2 lemons  
4 links chicken sausage

### instructions

combine tomatoes, carrots, and garlic in a pan and cook until simmering. Add lemon juice. Then add cooked quinoa, kale, and sausages and stir.

## PUMPKIN MUFFINS

### ingredients (combine all)

2 cups oat flour  
1 banana  
1 cup pumpkin puree  
2 eggs (or flax eggs)  
1/3 cup maple syrup  
2 tbsp melted butter (or coconut oil)  
1 tsp vanilla extract  
cinnamon and nutmeg  
1/2 tsp baking powder

### instructions

Preheat oven to 350F. Combine oat flour, spices and baking soda in one bowl. Combine eggs, maple syrup, banana (mashed), pumpkin puree, butter, vanilla extract in another bowl. Mix wet with dry. Serve in cupcake trays and bake for 15-20 minutes.

## BALSAMIC HONEY CHICKEN WITH VEGGIES

### ingredients

1 package chicken thighs  
2 cups brussels sprouts  
1 butternut squash, peeled and cubed  
sauce: 1 tbsp honey, 2 tbsp balsamic vinegar, 1 tsp garlic, salt, pepper, and thyme

### instructions

preheat oven to 350F. combine sauce ingredients. In one pan, place brussels sprouts and chicken on one pan. pour sauce over. on another pan, place butternut squash and cover with avocado oil, salt, pepper, garlic powder, and thyme. Roast the chicken and brussels for 30-40 minutes, and the squash for 50-60 minutes, until tender.