



PANTRY STAPLES GROCERY GUIDE

PROTEIN

eggs (6)
free range chicken

PRODUCE

bananas (5)
kale (1 bunch)
dates
bell peppers (3)
tomatoes (1 bundle)
spinach (1 bundle)
red onions (2)
sweet potatoes (2)
yellow onion (1)
avocado (2)
lime (2)
lemon (2)
garlic
cilantro (1 bundle)

GRAINS

quinoa
pasta of choice
oats

CAN / CONDIMENTS

cannellini beans (1)
black beans (1)
corn (1)
salsa (1)
artichoke hearts (1)
fire roasted diced tomatoes (1)
sundried tomatoes, in oil (1)
peanut butter
full fat coconut milk

DAIRY

almond milk
shredded cheese

EXTRA

olive oil
chia seeds
maple syrup / honey
cinnamon
nutmeg
vanilla extract
garlic powder
chili powder
paprika
rosemary
oregano
paprika
bay leaves
salt
pepper
turmeric
baking powder

FROZEN

frozen cauliflower rice
frozen mango
frozen berries
frozen spinach
frozen bread

ON THE MENU

breakfast: mango banana smoothie, berry banana oat cups, avocado veggie toast

entrees: sheet pan chicken fajitas with quinoa and cauliflower rice, tuscan white bean pasta skillet, loaded sweet potato nachos

snacks: chia seed pudding with berries, toast with peanut butter, avocado toast



MEAL PLAN

MONDAY

breakfast: mango banana smoothie

snack: berry banana oat cups (2)

lunch: tuscan white bean pasta skillet

snack: toast with peanut butter and cinnamon

dinner: sheet pan chicken fajitas

TUESDAY

breakfast: toast with wilted spinach, avocado, and 1 egg

snack: berry banana oat cups (2)

lunch: sweet potato nachos

snack: chia seed pudding with berries

dinner: tuscan white bean pasta skillet

WEDNESDAY

breakfast: mango banana smoothie

snack: berry banana oat cups (2)

lunch: sheet pan chicken fajitas

snack: sweet potato nachos

dinner: tuscan white bean pasta skillet



MEAL PLAN

THURSDAY

breakfast: toast with wilted spinach, avocado, and egg

snack: chia seed pudding with berries

lunch: sheet pan chicken fajitas

snack: berry banana oat cups (2)

dinner: sweet potato nachos

MANGO BANANA SMOOTHIE

ingredients

1 cup frozen spinach
1/4 cup frozen mango
1 banana
1 tbsp peanut butter
1 tbsp chia seeds
1-2 cups almond milk

CHIA SEED PUDDING

ingredients

1/2 cup chia seeds
1.5 cups full fat coconut milk
1/2 tsp vanilla extract
1/4 tsp cinnamon

FRIDAY

breakfast: mango banana smoothie

snack: chia seed pudding with berries

lunch: tuscan white bean pasta skillet

snack: sweet potato nachos

dinner: sheet pan chicken fajitas

instructions

Blend it up and sip!

instructions

Combine all in large bowl and whisk well. Optional add: 1-2 tbsp maple syrup. Let sit for a few hours or overnight and top with berries.

SHEET PAN CHICKEN FAJITAS

ingredients

1 package chicken breast (~1.5 lb)
2 red onions, sliced
3 bell peppers, sliced
1 cup quinoa
1 cup cauliflower rice
2 tsp chili powder
1 tsp paprika
1 tsp garlic powder
juice of 1 lime
salt and pepper
olive oil

instructions

Preheat oven to 400F. Slice bell peppers, onion, and chicken and place on lined baking tray. Lightly coat with olive oil / avocado oil. In a small bowl, combine spices: chili powder, paprika, garlic powder, salt and pepper and dust on chicken, peppers, and onions. Juice 1 lime on top. Bake for 20-25 minutes, until chicken is cooked. While cooking, make quinoa and cauliflower rice according to package instructions. Serve with cilantro. Serves 4.

SWEET POTATO NACHOS

2 sweet potatoes, sliced into circles
1 can black beans
1/2 cup corn
1/2 cup salsa
1 avocado
cilantro
cheese of choice

Instructions: Preheat oven to 400F. Line a tray with parchment paper, lightly coat sweet potatoes with olive oil and bake for 30 minutes. In a separate bowl, combine toppings. Keep this bowl separate and only top when ready to serve. Top with cilantro.

TUSCAN WHITE BEAN SKILLET RECIPE FROM [NOURISH AND FETE](#)

ingredients

1 yellow onion, diced
1/2 cup sundried tomatoes, drained and chopped
3 cloves garlic, minced
1 can white cannellini beans, drained
1 can fire-roasted diced tomatoes
1 can artichoke hearts, drained and chopped
1 tsp oregano
1 tsp dried thyme
juice of 2 lemons
2 cups kale
1 package pasta
olive oil

instructions - warm olive oil in skillet then add onions and cook until softened. Next add sundried tomatoes and garlic for another minute. Add beans, diced tomatoes, artichoke hearts, and spices to skillet. Stir to combine. Keep on medium heat, over the pan, and cook for 8 minutes. In a separate pot, cook pasta according to instructions. Add kale and lemon juice to skillet and stir until wilted. Add pasta to skillet. Serves 4.

BERRY BANANA OAT CUPS

ingredients

2 cups oats
1 tsp baking powder
1/2 tsp cinnamon
1/4 tsp nutmeg
2 mashed bananas
1/3 cup peanut butter
1/4 cup maple syrup
1 egg
1/2 tsp vanilla extract
1/2 cup almond milk
1 cup frozen berries

instructions: preheat oven to 350F. Combine dry ingredients in one bowl, wet in another. Fold in frozen berries. Line cupcake tray with liners and fill liners 2/3 way. Bake for 15 minutes..