

7-DAY DINNER PLAN & SHOPPING LIST

FROM _____ TO _____

GROCERY LIST

MONDAY	Oven Baked Chicken & Cauliflower
TUESDAY	Vegetarian Stuffed Peppers Roasted Yellow Squash
WEDNESDAY	Coconut Curry Chicken Soup
THURSDAY	Avocado Pasta (use protein pasta and/or top with your protein of choice)
FRIDAY	Air Fryer Shrimp & Peppers over rice
SATURDAY	Airy Fryer Steak Bites & Potatoes
SUNDAY	Take The Night Off! (Order In or Dine Out)

- 2 lemons; 3 limes
- 1 orange
- lemon grass paste; ginger paste
- fresh thyme; fresh parsley; fresh basil; fresh mint;
fresh cilantro
- 2 cups spinach
- 2 cups cauliflower florets
- 2.5 cups cherry tomatoes
- 3 large yellow squash
- 2 large avocados
- 8 bell peppers (4 yellow; 4 red)
- 1 yellow onion; 2 small white onions; 5 shallots
- 1 lb baby yellow potatoes
- 2 heads of garlic
- olive oil; coconut oil
- 41 oz full fat coconut milk
- brown sugar; corn starch
- 3 cups chicken stock
- 10 oz jarred roasted red peppers
- red curry paste; fish sauce; soy sauce
- 8 oz thin rice noodles
- 1/2 c Jasmin rice
- 10 oz pasta of choice
- Panko bread crumbs
- salt; pepper; red pepper flakes; blackened seasoning; chili
powder; ground cloves; star anise; dried rosemary;
coriander; paprika; cumin; cardamom; garlic powder
- 20 jumbo shrimp
- 2 lb steak (sirloin or ribeye); 4 bone in chicken thighs
- 1 Rotisserie chicken
- 25 oz ricotta cheese; Parmesan cheese; Asiago cheese
- 10 oz plain Greek yogurt (5%)
- 1 egg