

# MEAL PLAN

## GROCERY LIST

### SUNDAY - GYRO SHREDDED BEEF

3-4 POUND BEEF ROAST  
4 TSP MIDDLE EASTERN SEASONING (SEE POST)  
3 TBSP AVOCADO OIL  
1 CUP BEEF OR CHICKEN BROTH  
1 MEDIUM RED ONION  
4 CLOVES GARLIC  
PINCH RED PEPPER FLAKES  
1 TBSP LEMON JUICE  
1/2 CUP FRESH CHOPPED CILANTRO (OPTIONAL)  
FIXINGS FOR SALADS OR WRAPS (LETTUCE, TOMATO, ETC)

### TUESDAY - FISH TACOS

1 1/2 LBS WHITE FISH (COD, HALIBUT, ROCKFISH, ETC)  
3-4 TBSP COCONUT OIL  
4 CUPS SHREDDED CABBAGE (ABOUT 1/2 SMALL HEAD)  
2-3 LIMES  
2 TBSP EXTRA-VIRGIN OLIVE OIL  
8-10 CORN TORTILLAS  
1 RIPE AVOCADO  
1/2 CUP FRESH CHOPPED CILANTRO  
BLACKENING SEASONING (SEE POST)

### THURSDAY - GRILLED BBQ CHICKEN

2-3 LBS CHICKEN BREASTS, THIGHS, OR DRUMSTICKS  
2 TSP STEAK SEASONING  
HALF A LEMON  
3 TBSP AVOCADO OIL  
1 CUP YOUR FAVORITE BBQ SAUCE  
VEGGIES OR GRAINS FOR A SIDE

### DESSERT - STRAWBERRY FROYO

1 1/2 CUPS FROZEN OR FRESH STRAWBERRIES  
3 CUPS FULL-FAT GREEK YOGURT (HONEY OR PLAIN)  
1/3 CUP FRESH ORANGE JUICE  
1 TSP VANILLA EXTRACT  
SWEETENER, TO TASTE (OPTIONAL)

### MONDAY - HULI HULI CHICKEN

3 POUNDS BONELESS SKINLESS CHICKEN THIGHS (8 TO 10 THIGHS)  
2 TBSP TOASTED SESAME OIL  
2 TSP FRESH GINGER GRATED  
2 LARGE CLOVES GARLIC  
1/2 CUP COCONUT AMINOS\*  
3 TBSP KETCHUP  
3 TBSP RICE VINEGAR  
1/4 TSP BLACK PEPPER

### WEDNESDAY - ITALIAN SALAD

16 OUNCES ROMAINE LETTUCE  
1 CUP KALAMATA OLIVES SLICED  
1 CUP PEPPERONCINIS  
2 CUPS CHERRY TOMATOES  
2 CUPS SALAMI  
1/2 CUP RED ONION  
6 OUNCES PARMESAN CHEESE  
3/4 CUP HOMEMADE ITALIAN DRESSING (SEE POST FOR RECIPE)

### FRIDAY - BANG BANG SALMON

1/3 CUP MAYONNAISE  
4 TBSP SWEET CHILI SAUCE  
3 TSP SRIRACHA  
1 LB SALMON FILET  
1/2 CUP COCONUT AMINOS  
1 TBSP RICE VINEGAR  
2 CLOVES GARLIC  
2 TSP TOASTED SESAME OIL  
1 BATCH ASIAN CUCUMBER SALAD  
3 CUPS COOKED BROWN RICE  
1 LARGE HEAD BROCCOLI  
1 LARGE RIPE AVOCADO SLICED