

# MEAL PLAN 5

FOODBORNEWELLNESS.COM

MON

## Mississippi Pot Roast with Mashed Potatoes

If you can't find fresh pepperchinis you can use canned.

TUES

## Peanut Chicken Zucchini Noodles

You can use rice noodles in place of zucchini if you'd prefer.

WED

## Chicken Gyro Bowls

Use dried dill and dried parsley in this recipe to avoid purchasing extra ingredients, just use 1/2 the amount. I skipped the pita when i prepared this recipe.

THUR

## Everything Bagel Salmon and Asparagus

FRI

## Sweet Potato Pizza Bake

# GROCERY LIST

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## PRODUCE

- Minced garlic, 1 container
- Pepperchinis, 8
- Russet potatoes, 2 lbs
- Sweet potato, 2 large (about 4 cups chopped)
- Mixed greens, 1 package
- Veggie pizza toppings, optional
- Zucchini, 3 large
- Bell pepper, 1
- Cabbage, 1 cup
- Carrots, 4
- Cilantro, 1 bunch
- Green onions, 4
- Cucumbers, 2
- Lemon, 1
- Roma tomatoes, 2
- Red onion, 1
- Asparagus, 1 lb

## OTHER

- Ghee (or grass-fed butter)
- Greek yogurt, 16 oz
- Feta, 4 oz
- Pizza cheese, 1 cup
- Egg, 1
- Pita bread, optional

## MEAT

- Chuck roast, 3 lb
- Chicken breast, 2 lbs
- Salmon, 1 lb
- Pizza toppings

## PANTRY

- Beef broth, 1/2 cup
- Chickpeas, 1 cup
- Pizza sauce
- Full fat coconut milk, 1/4 cup
- Sesame oil
- Olive oil
- Red wine vinegar
- Apple cider vinegar
- Sesame seeds
- Peanuts, 1/2 cup
- Arrowroot powder
- Almond flour, 1 cup
- Dried dill
- Dried chives
- Dried oregano
- Dried basil
- Onion powder
- Garlic powder
- Dried parsley
- Dried onion flakes
- Everything bagel seasoning
- Black pepper
- Sea salt