

MEAL PLAN 5

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MON

Mini Salmon Cakes and Spicy Italian Roasted Brussel Sprouts

If you choose to cook the salmon patties in the oven then cook them first and the brussel sprouts second.

TUES

Chicken Shawarma with Jerusalem Salad

If you can't find sumac, you can substitute some lemon zest to give it a similar flavor.

WED

Thai Turkey Burgers

Save the rest of the cabbage for one of next week's recipes.

THUR

Whole 30 Chicken Soup

This will be a good recipe to use odds and end of veggies you have in your fridge, I didn't add dried parsley to the list because I want you to use the leftover parsley from Tuesday.

FRI

Beef Tips with Gravy and Cauliflower Mash

You could get away with using arrowroot starch in place of the tapioca starch if needed.

GROCERY LIST

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PRODUCE

- Green onions, 6
- Cauliflower rice, 24 oz.
- Carrots, 6
- Red potatoes, 2 lbs
- Celery ribs, 4
- White onion, 1
- Minced garlic, 1 container
- Brussel Sprouts, 1 lb
- Beefsteak tomatoes, 2
- Coleslaw mix, 1 package
- Cabbage, 1 head
- Red onion, 1
- Cucumber, 1
- Basil, 1/4 cup
- Cilantro, 1 bunch
- Mint, 1/4 cup
- Parsley, 1 bunch
- Lemon, 1

PANTRY

- Italian seasoning
- Onion powder
- Garlic powder
- Dried basil
- Bay leaves, 2
- Sumac
- Chili powder
- Sweet paprika
- Cumin
- Turmeric
- Cinnamon
- Ground ginger
- Rosemary, dried
- Cloves, ground
- Garlic salt, optional
- Red pepper flakes
- Thyme, dried
- Black pepper
- Canned salmon, 20 oz.
- Ghee
- Coconut milk
- Bone broth. 5 cups
- Beef broth, 2 cups
- Almond butter
- Coconut aminos
- Rice vinegar
- Arrowroot starch
- Tapioca flour
- Avocado oil mayo
- Sundried tomatoes
- Dijon mustard
- Coconut flour
- Avocado oil
- Olive oil
- Sesame oil
- White vinegar
- Sea salt

MEAT & EGGS

- Chicken thighs, 1.5 lbs
- Chicken breast, 2 lbs
- Ground turkey, 1 lb
- Sirloin tips or beef stew meat, 2 lbs
- Egg, 1