

Week of: 8/7-11

Breakfast	Egg Muffin Cups
Lunch	Roast Beef Wraps
Monday	Peanut Butter Chicken + Oven Roasted Broccoli
Tuesday	Veggie Lover's Meatza
Wednesday	Caprese Chicken Skillet
Thursday	Baked Curry Chicken Thighs
Friday	Chicken Parmesan Casserole
Dessert	White Chocolate Raspberry Fat Bombs

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Green onions, for garnish Collard greens, 1 bunch Red bell pepper, 1 Broccoli, 1 bunch Sliced baby bella mushrooms, 1 cup Cherry tomatoes, 1 pint Fresh basil, 1 bunch Medium carrots, 5 Zucchini, 6 Garlic cloves, 4 Raspberries, 6 ounces Fresh cilantro, for garnish Lemons, 4 Limes, 2	Bacon, 8 ounces Eggs, 14 Shredded cheddar cheese, 1 cup Heavy cream, 1/3 cup Sliced roast beef, 15 ounces Provolone cheese, 10 slices Sour cream, 1 1/4 cup Boneless, skinless chicken thighs, 3 pounds Ground pork, 1 pound Ground beef, 1 pound Boneless skinless chicken breast, 2 pounds Fresh mozzarella cheese sliced, 4 ounces Chicken tenders, 1 pound Cream cheese, 8 ounces	Prepared horseradish, 5 tablespoons Dijon mustard, 2 1/2 teaspoons Natural peanut butter, 1/4 cup Coconut aminos or soy sauce, 2 tablespoons Honey, 2 teaspoons Sesame oil, 1 teaspoon Crushed peanuts, for garnish Chipotle lime mayo, 1/4 cup Whole peeled tomatoes, 28 ounce, 1 can Sliced black olives, 2 tablespoons Balsamic vinegar, 1 tablespoon Full-fat coconut milk, 13.5 ounce can, 1 Crushed tomatoes, 24 ounce can Paleo baking mix, 1/2 cup Cacao butter, 4 ounces Vanilla extract, 1 teaspoon Liquid stevia, 10-15 drops	Crushed red pepper flakes, a pinch Italian seasoning, 1 tablespoon Curry powder, 1 tablespoon Garlic powder, 1/2 teaspoon Cumin, 1/2 teaspoon Italian seasoning, 2 tablespoons

Pantry Staples: Olive Oil or Avocado Oil, Butter or Ghee, Sea Salt, Ground Pepper