

COOK
ONCE



COOK ONCE, EAT ALL WEEK

4-WEEK MEAL PLAN

Introduction

Have you ever tried doing a weekly meal prep only to find that it left you totally exhausted and stressed, and cost you a full day of your weekend? Me, too. However, I also know that meal prepping can be a total game-changer when it comes to eating healthfully, easily. When you meal prep, you set your intention to eat nourishing, fulfilling food for the week, and, by being prepared, you eliminate the question of “should I cook tonight, or just pick up takeout?” and on mornings where you are too rushed to make breakfast, it is already ready for you!

I had been burned by “easy” meal prep plans time and time again on my quest to find an easier way to get healthy food on the table. As a busy mom, wife, and business owner, I didn’t want to dedicate a full weekend to meal prepping, spend the majority of my weeknights making dinner (and cleaning up afterward), or have to reheat bland, boring leftovers all week.

I knew there HAD to be a better way, so I got in the kitchen and got to work. The result was Cook Once, Eat All Week, which is laid out in this series and in [my cookbook](#) by the same name!

The goal of this series is to make meal prep EASY without sacrificing flavor. You won’t find endless meals of poached chicken and steamed broccoli here. Rather, we will take one main protein, vegetable, and starch, do a super speedy cook-up of the three, and then turn those three components into simple, but exciting weeknight meals.

HOW TO USE THIS EBOOK

Instead of prepping a bunch of separate recipes on Sunday, then portioning them out and storing them in the refrigerator to eat throughout the week, you’ll make a protein, a veggie, and a starch (or another veggie) in bulk, and turn them into three totally different dinners that you assemble throughout the week. This not only cuts down on the amount of time you spend in the kitchen, it also keeps your meals fresh and diverse, because instead of making the full meals on prep day, you’ll have all of your main ingredients cooked and ready to assemble to make your meal in less than 20 minutes each night.

In this eBook, you’ll take simple ingredients and turn them into three easy-to-assemble dinners. You’ll simply follow the [Prep Day instructions](#) to prep all of the components for the week, then, when you’re ready to make dinner, you’ll turn to the [Dinner Recipes section](#) and follow the instructions there!

We find that a majority of families prefer to have flexibility with their meals on the weekends, so we’ve set up the plan to give you dinner Monday–Thursday night — that way you can order pizza, make a dish you’ve been craving, or go out!

BUT WHAT ABOUT BREAKFAST + LUNCH?

While Cook Once, Eat All Week was originally designed as a dinner solution, we've heard your requests for help with breakfast, lunch, snacks, and dessert, too! In this series, we'll give you a full week's meal plan so you can also prep breakfast and lunch ahead of time.

To give you ultimate flexibility, the weekly ingredients list is written to include all ingredients for each week's dinners, and then full shopping lists for all meals for the week for families of 2 and 4 are included at the back of this book.

Sample:

SAMPLE 5-DAY MEAL PLAN FOR A FAMILY OF 2

For a family of two, we recommend using your Cook Once leftovers for lunch. If you prefer to eat lunch out or pack a simple sandwich or wrap instead, you can stretch the leftovers for dinner during the week and leave out the [Cilantro Lime Salmon](#) dinner!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Egg-Free Breakfast Skillet	Egg-Free Breakfast Skillet	Egg-Free Breakfast Skillet	Egg-Free Breakfast Skillet	Mint Chocolate Chip Smoothie
LUNCH	Easy Roast Beef Wraps	Chicken Bacon Ranch Sheet Pan Dinner (Leftovers)	Chicken + Broccoli Stir Fry w/ Peanut Sauce (Leftovers)	Chicken Parmesan Skillet (Leftovers)	Easy Roast Beef Wraps
DINNER	Chicken Bacon Ranch Sheet Pan Dinner	Chicken + Broccoli Stir Fry w/ Peanut Sauce	Chicken Parmesan Skillet	Cilantro Lime Salmon w/ Tomato + Avocado Salsa	
DESSERT	Strawberry Pretzel Bark	Strawberry Pretzel Bark	Strawberry Pretzel Bark	Strawberry Pretzel Bark	Strawberry Pretzel Bark
SNACK	Hummus + Veggies	Hummus + Veggies	Hummus + Veggies	Hummus + Veggies	Hummus + Veggies

Sample:

SAMPLE 5-DAY MEAL PLAN FOR A FAMILY OF 4

For families of 4, portion sizes will vary depending on the age of your children. We've based the meal plan below on 4 full-sized adult servings, but feel free to adjust the plan as needed for your family.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Egg-Free Breakfast Skillet	Egg-Free Breakfast Skillet	Clean Start Breakfast Casserole	Clean Start Breakfast Casserole	Mint Chocolate Chip Protein Smoothie
LUNCH	Roast Beef Wraps	Sonoma Chicken Salad	Roast Beef Wraps	Sonoma Chicken Salad	Roast Beef Wraps
DINNER	Chicken Bacon Ranch Sheet Pan Dinner	Chicken + Broccoli Stir Fry w/ Peanut Sauce	Chicken Parmesan Skillet	Cilantro Lime Salmon w/ Tomato + Avocado Salsa	
DESSERT	Strawberry Pretzel Bark	Strawberry Pretzel Bark	Chocolate Chia Pudding Cups	Chocolate Chia Pudding Cups	Strawberry Pretzel Bark
SNACK	Hummus + Veggies	Salted Chocolate Peanut Butter Energy Balls	Hummus + Veggies	Salted Chocolate Peanut Butter Energy Balls	Salted Chocolate Peanut Butter Energy Balls

HOW TO MEAL PREP FOR A FAMILY OF 4:

For larger families, we recommend breaking up your prep instead of trying to fit it all in on the same day. This could mean spreading your prep throughout the weekend, or, if you'd prefer, you can also prep some of your breakfasts and lunches in the evening the night before you're going to use them, rather than on Sunday.

Here's our recommended meal prep strategy for a family of 4:

Saturday (45 Minutes Prep): Prep Hummus & Veggies, Salted Chocolate Peanut Butter Energy Balls, and Strawberry Pretzel Bark

Sunday (2 Hours Prep): Prep Egg-Free Breakfast Skillet, a double batch of Roast Beef Wraps, and dinners for the week

Monday (15 Minutes Prep): Prep a double batch of Sonoma Chicken Salad for Tuesday

Tuesday (45 Minutes Prep): Prep a double batch of Chocolate Chia Pudding Cups and Clean Start Breakfast Casserole for Wednesday



4-WEEK MEAL PLAN

WEEK 01

Prep Day

Today you'll be prepping for all your dinners for the week, as well as for breakfast, lunch, snacks, and dessert! I like to start off my prep day by getting the potatoes and chicken in the oven, then move on to preparing the rest of the main dinner components. Once dinner is ready to go, I move on to prepping the breakfast skillet and smoothie packs, and then finish off with making lunch, a snack, and dessert.

Note: If you are a family of 4, we recommend splitting up your prep into multiple days, so refer to [page 4](#) to see our recommendation there!

Dinner Prep

To get your prep day started, you'll be prepping all of the main components you'll need to quickly put 3 dinners together this week.

Bake The Chicken

 Prep Time: 5 minutes  Cook Time: 35 minutes

INGREDIENTS

- 5 pounds boneless, skinless chicken breast
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon coarse sea salt
- ¼ teaspoon ground black pepper

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Place the chicken on a rimmed baking sheet, then spread the olive oil over the chicken then season with salt and pepper. Bake on the lower oven rack for 35 minutes, until the internal temperature of the chicken reaches 165°F and the juices run clear.
3. Cut two of the chicken breasts in half and label "chx parm" and store in the refrigerator for later use. Cube the remaining chicken then place 3 cups in a container labeled 'sheet pan' and 3 cups in a container labeled 'stir fry' and store in the refrigerator for later use.

Bake The Potatoes

 Prep Time: 7 minutes  Cook Time: 40 minutes



INGREDIENTS

- 1 pound Yukon Gold potatoes, cut into 1-inch cubes
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
 2. Place the potatoes on the parchment paper-lined baking sheet and toss with the olive oil and salt, then bake on the upper oven rack above the chicken for 35–40 minutes, until browned and easily pierced with a fork.
 3. Store in the refrigerator for later use.
-

Cut + Steam the Broccoli

 Prep Time: 7 minutes  Cook Time: 8 minutes

INGREDIENTS

- 3 medium heads broccoli, cut into florets (or about 9 cups florets)

INSTRUCTIONS

1. Steam the broccoli using one of these two methods:
 - a. Microwave option: Place the broccoli in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 5 minutes, until bright green and slightly tender. Let cool slightly, then drain.
 - b. Stovetop option: Pour ¼ cup of water into a large skillet or sauté pan over medium heat. Once hot, add the broccoli and cover the pan. Reduce the heat to medium-low and let the broccoli steam for 6 to 8 minutes, until bright green and slightly tender. Let cool slightly, then drain.
 2. Let the broccoli cool completely, then store in the refrigerator for later use.
-

Cook + Crumble the Bacon


Cook 5 strips of bacon on the stovetop, then let cool, crumble, and store in the refrigerator.

Cook the Rice

Cook 1½ cups rice according to package instructions, then store in the refrigerator for later use.

***Paleo/Grain-free rice substitute:** Make 1½ batches of Basic Cauliflower Rice, then following the storage instructions for the white rice above.

Make the Peanut Sauce

 Prep Time: 7 minutes

INGREDIENTS

- ¼ cup peanut butter
- 3 tablespoons coconut aminos
- 1½ tablespoons rice wine vinegar
- 2 teaspoons honey
- 1 teaspoon dried ginger
- ½ teaspoon fish sauce
- ¼ teaspoon red pepper flakes
- Salt, to taste

INSTRUCTIONS

Add all ingredients to a blender and blend until smooth.

*Now that you've completed prep for dinner this week, it's time to make your additional meals!
Feel free to make as few or as many of these additional meals as your family needs.*

Make the Egg-Free Breakfast Skillet

 Cook Time: 25 minutes  Serves: 8

INGREDIENTS

For the Breakfast Skillet:

- 2 pounds bulk breakfast sausage (without casings)
- 1 bunch kale, de-stemmed and coarsely chopped
- 2 tablespoons fresh lemon juice (about 1 small lemon)
- ¾ teaspoon coarse sea salt, divided
- ¼ teaspoon ground black pepper
- 3 tablespoons ghee, salted butter, or other cooking fat of choice
- 2 (16-ounce) packages frozen hash browns

For the Sauce

- 1 small avocado, peeled and pitted
- ½ cup fresh cilantro
- ½ teaspoon coarse sea salt
- 1 tablespoon fresh lime juice (about ½ lime)
- 2 to 3 tablespoons water
- Additional fresh cilantro, for garnish



INSTRUCTIONS

1. In a cast-iron skillet over medium heat, cook the sausage for 7 to 10 minutes, until browned and crisp. Remove from the pan and set aside.
2. Add the kale to the pan and sauté for 2 to 3 minutes, until wilted. Stir in the lemon juice and ¼ teaspoon of the salt, then remove from the pan and set aside.
3. Add the ghee to the pan. Once melted, add the potatoes. Season the potatoes with ½ teaspoon of the salt and the pepper. Cook for 5 to 6 minutes, then flip and cook for an additional 3 to 4 minutes, until the potatoes are crispy and cooked through. Return the kale and sausage to the pan.
4. Blend together all the sauce ingredients, adding water 1 tablespoon at a time until the desired consistency is achieved. Set the sauce aside for individual servings.

Storage instructions: Split the casserole into individual servings and store in an airtight container. Store the sauce separately in the refrigerator.

To reheat: Microwave a serving of the casserole on high for 60 to 90 seconds, or place in a skillet over medium-high heat and cook for 3 to 4 minutes, until warmed through, then drizzle with the avocado cilantro sauce.

Make the Mint Chocolate Chip Smoothie Packs

 Prep Time: 10 minutes  Serves: 4

INGREDIENTS

For the Smoothie Packs

- 4 cups fresh baby spinach
- 4 bananas, sliced and frozen
- 1 (13.5-ounce) can full-fat coconut milk, frozen into cubes
- 4 scoops unflavored protein powder
- ½ cup cacao nibs
- ½ cup fresh mint leaves



For the Smoothie:

- 1 smoothie pack
- 1 to 1½ cups water or coconut water, depending on desired thickness
- Cacao nibs, for garnish

INSTRUCTIONS

1. Make 4 smoothie packs with 1 cup baby spinach, 1 banana, 3 coconut milk ice cubes, 1 scoop protein powder, 2 tablespoons cacao nibs, and 2 tablespoons fresh mint leaves each. Then freeze for later use.
2. To make a smoothie, blend all of the ingredients in the smoothie pack on high with the water or coconut water, starting with 1 cup and adding up to ½ cup more until the smoothie reaches your desired consistency. Top with cacao nibs.

Make the Strawberry Pretzel Bark

 Prep Time: 15 minutes  Serves: 12

INGREDIENTS

- 1 (12-ounce) bag dark chocolate chips (60% cacao)
- 1 cup freeze-dried strawberries, crushed
- 1 cup gluten-free pretzels, crushed

INSTRUCTIONS

1. Set a heatproof metal or glass bowl over a saucepan of simmering water, making sure the bowl and pan fit together well, then place the chocolate in the bowl and whisk until fully melted and smooth. When melted, remove from the heat and set aside.
2. Line a baking sheet with parchment paper, then spread the chocolate onto the pan in an even rectangle.
3. Top the chocolate with the strawberries and pretzels, then transfer to the freezer to set for 30 minutes to 1 hour, until fully hardened.
4. Break up the chocolate bark, then store in the refrigerator or freezer for up to two weeks.

Make the Hummus + Veggies

 Prep Time: 15 minutes  Serves: 8

INGREDIENTS

- 15 ounces canned chickpeas, rinsed
- 1/3 cup tahini
- 1 clove garlic, minced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice (about 1 lemon)
- 1 teaspoon coarse sea salt
- 1/4 teaspoon fresh cracked black pepper
- 2–3 tablespoons water
- Carrot sticks, celery, bell pepper slices, or other veggies of choice, for serving

INSTRUCTIONS

Add all ingredients, other than water, to a food processor and blend until smooth. Then, add the water 1 tablespoon at a time until desired consistency is achieved. Transfer to an airtight container and store in the refrigerator for up to one week.

Make the Roast Beef Wraps

These wraps are quick enough to make the night before, but if you'd like to make them further in advance, we recommend leaving off the sauce and serving on the side so that it doesn't wilt the collard green wrap.

 Prep Time: 15 minutes  Yield: 6 Wraps, each wrap is one serving

INGREDIENTS

For the Wraps

- 6 collard green leaves, washed and dried
- 18 ounces sliced roast beef
- 6 slices provolone cheese (omit for dairy-free)
- 1 red bell pepper, sliced into thin strips

For the Sauce

- 1/3 cup sour cream (substitute avocado oil mayo for dairy-free)
- 2 tablespoons prepared horseradish
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon freshly cracked black pepper

INSTRUCTIONS

1. Lay one of the collard leaves on a cutting board so that the side with the prominent spine is facing up (it is the outer, or convex side of the leaf). Cut the stem off of the leaf at the base of the collar. Then, using a knife, slide it carefully across the raised part of the stem, keeping the knife parallel to your cutting board and the leaf. Slide the knife down the length of the stem to "shave" the stem. Your goal is not to remove the stem, but to shave it until it is about as thin as the leaf itself. This will make the leaves more pliable and easier to roll around the roast beef. Repeat this process for all 6 leaves.
2. Spread one tablespoon of the horseradish sauce on the collard leaf (unless storing for later), then add the cheese, roast beef, and bell pepper strips, and roll. Repeat this process for all 6 wraps and store in the refrigerator for later use.

Dinner Recipes



Chicken Bacon Ranch Sheet Pan Dinner

⌚ Prep Time: 5 minutes ⌚ Cook Time: 25 minutes 🍲 Serves: 4

INGREDIENTS

- 3 cups cubed cooked chicken breast (from Prep Day)
- 3 cups par-cooked broccoli florets
- Roasted cubed potatoes (from Prep Day)
- 1 pint cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ teaspoon coarse sea salt, divided
- $\frac{1}{4}$ teaspoon black pepper
- Cooked and crumbled bacon (from Prep Day)
- $\frac{1}{2}$ cup ranch dressing

INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
2. Add the broccoli, tomatoes, and potatoes to the baking sheet, then toss with olive oil, $\frac{1}{2}$ teaspoon sea salt, and $\frac{1}{4}$ teaspoon black pepper.
3. Bake for 15 minutes at 400 F.
4. While the veggies bake, toss the cubed chicken breast with the ranch dressing.
5. After 15 minutes, remove the veggies from the oven, then toss. Add the chicken to the sheet pan, then sprinkle the bacon over top.
6. Return to the oven to bake for an additional 10 minutes, then remove from the oven and serve!



Chicken and Broccoli Bowls with Peanut Sauce

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- 3 cups cubed cooked chicken breast (from Prep Day)
- Steamed broccoli (from Prep Day)
- Cooked white rice (from Prep Day)
- Hoisin sauce (from Prep Day)
- Green onions, for garnish

INSTRUCTIONS

1. Heat 1 tablespoon avocado oil over medium-high heat. Once hot, add the broccoli, salt, rice wine vinegar, and sesame oil. Cook for 6–7 minutes, until stems are tender, then remove from the pan and set aside.
2. Add the remaining ½ tablespoon avocado oil to the pan along with the chicken. Cook for 2–3 minutes, until warmed through, then turn off the heat.
3. Pour the sauce over the chicken and toss to coat. Serve with broccoli over rice and enjoy!



Chicken Parmesan Skillet

⌚ Prep Time: 10 minutes ⌚ Cook Time: 20 minutes 🍽 Serves: 4

INGREDIENTS

- 2 pre-cooked chicken breasts (from Prep Day)
- 1 cup Italian cheese blend (omit for dairy-free)
- 1, 25 ounce jar tomato sauce
- ½ cup gluten-free breadcrumbs (substitute crushed pork rinds for grain free)
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt
- 2 tablespoons extra-virgin olive oil
- Fresh parsley, for garnish
- Pasta, spaghetti squash, or zucchini noodles, for serving

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Slice the chicken breasts in half, then place in the bottom of a 1.5 qt casserole dish. Pour the tomato sauce over top, then spread the cheese over the sauce.
3. Whisk together the breadcrumbs, Italian seasoning, garlic powder, and sea salt, then sprinkle over the cheese.
4. Bake at 350°F for 20 minutes, until the chicken is warmed through and the cheese is browned and bubbling. Remove from oven, let cool slightly, and serve with side of choice.



Cilantro Lime Salmon Bake with Tomato Avocado Salad

⌚ Prep Time: 15 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

For the Cilantro Lime Sauce

- ½ cup avocado oil mayo
- 1/3 cup fresh cilantro
- 2 tablespoons sliced green onion
- 2 tablespoons lime juice (about 1 lime)
- 2 tablespoons full-fat coconut milk (may also use water)
- 1–1½ pound whole salmon fillet
- ½ teaspoon coarse sea salt
- ¼ teaspoon cracked black pepper

For the Tomato Avocado Salad




- 1 avocado, cut into 1-inch chunks
- 1 pint cherry tomatoes, sliced in half
- ¼ cup fresh chopped cilantro
- ¼ red onion, thinly sliced
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Blend all ingredients for the cilantro lime sauce until smooth, then set aside.
3. Place the salmon fillet on a rimmed baking sheet, then season with salt and pepper. Pour the sauce over the salmon, then bake for 13–15 minutes, until it flakes easily with a fork.
4. While the salmon is baking, place all ingredients for the tomato avocado salad in a large bowl and toss to combine.
5. Pour the tomato avocado salad over the salmon and serve!

Additional Recipes

Clean Start Breakfast Casserole

 Prep Time: 15 minutes  Cook Time: 35 minutes  Serves: 8

INGREDIENTS

- 2 tablespoons butter, ghee, or coconut oil, divided
- 1 pound frozen hashed browns
- ½ teaspoon fine sea salt
- 1 pound frozen spinach
- 18 eggs
- fresh cracked pepper, to taste

Alternate for hashed browns if you can't find frozen:

- 1 pound yellow potatoes, shredded
- ½ teaspoon fine sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

INSTRUCTIONS



1. Melt 1 tablespoon of the butter in a large frying pan over medium heat. Once melted, add the fresh homemade or frozen hashed browns to the pan. Cover and let steam for 4 minutes. Uncover, stir, and let them cook for 5 minutes before stirring again. Stir again and let cool for 5 more minutes, or until the potatoes start to brown and are cooked through. Transfer the cooked hashed browns to a 9" x 13" glass casserole dish. Using a spatula, spread the potatoes out into one even layer.
2. Melt the remaining butter in the frying pan and return to medium heat. Once melted, add the frozen spinach and cover. Let the spinach steam for about 4 minutes then uncover, stir, and continue to stir until it's completely melted.
3. In a large bowl, whisk the eggs together. Pour the cooked spinach into the eggs and whisk to combine. Pour the egg mixture over the hashed browns in the casserole dish and season with the salt.
4. Bake at 350°F for 35 minutes, or until the center of the dish is firm when shaken.
5. Let cool for at least 10 minutes and then slice and serve. Add additional salt and pepper to taste.

Note: the casserole is less likely to stick the longer you let it cool.

Storage instructions: Split the casserole into individual servings and store in an airtight container.

To reheat: Microwave a serving of the casserole on high for 60 to 90 seconds, or place in a 350°F oven for 7 to 10 minutes, until warmed through.

Sonoma Chicken Salad

 Prep Time: 20 minutes  Serves: 4

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1½ pounds cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- ¾ cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Mixed greens, for serving

INSTRUCTIONS

1. Place the chicken, celery, grapes, and pecans in a large bowl.
2. In a small bowl, whisk the mayo, vinegar, poppy seeds, salt, and pepper until the mixture has a smooth, even consistency. Pour the dressing over the chicken salad ingredients and toss to combine.
3. Store in a container in the refrigerator then spoon over mixed greens when ready to eat!

Salted Chocolate Peanut Butter Energy Balls

 Prep Time: 10 minutes  Yield: 10 Energy Balls

INGREDIENTS



- ¾ cup cashews
- 8 pitted Medjool dates
- 1 cup peanut butter (may substitute sunbutter or almond butter)
- 1/3 cup collagen peptides (optional)
- ½ cup mini dark chocolate chips
- ¼–½ teaspoon coarse sea salt, to taste*

INSTRUCTIONS

1. Place the dates and cashews in a food processor and pulse until ground to a sand-like consistency.
2. Add the peanut butter and collagen peptides and blend until smooth.
3. Transfer mixture to a large bowl, and add in chocolate chips and salt, and stir to mix well.
4. Roll mixture into 1½-inch balls, and place on a parchment lined sheet pan, and refrigerate until firm.
5. Store in the fridge in an airtight container and enjoy!



Chocolate Chia Pudding Cups

 Prep Time: 10 minutes  Serves: 4

INGREDIENTS




- 1 (13.5-ounce) can full-fat coconut milk
- 1 to 2 tablespoons pure maple syrup, depending on desired sweetness
- 2 tablespoons cocoa powder
- 2 scoops collagen peptides (optional)
- 1 teaspoon vanilla extract
- ¼ cup chia seeds
- Fresh berries, for topping, if desired

INSTRUCTIONS

1. Place the coconut milk, maple syrup, cocoa powder, collagen peptides, and vanilla extract in a blender and blend until fully incorporated.
2. Transfer the coconut milk mixture to a bowl and whisk in the chia seeds.
3. Pour the chia seed mixture evenly into 4 mason jars or similar-sized containers, seal the lids, and shake the containers. Refrigerate for 1 hour.
4. After 1 hour, shake the jars again to make sure the chia seeds don't sink to the bottom, then place in the refrigerator and let set overnight, or for at least 3 hours.
5. Top the chia pudding with berries and enjoy!

Storage Instructions: Store in the refrigerator in an airtight container for up to 5 days.

Basic Cauliflower Rice

 Prep Time: 5 minutes  Cook Time: 10-15 minutes, depending on method  Serves: 4

INGREDIENTS

- 1 large head cauliflower (about 3 pounds), or 18 ounces frozen riced cauliflower
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. If using frozen riced cauliflower, skip ahead to Step 2. To “rice” cauliflower, cut the florets from the stem. Either grate it by hand using the largest holes on a box grater or affix the grating attachment to a food processor and pulse until a rice-like texture is achieved. One large head of cauliflower should give you about 4 cups of “rice.”
2. Steam the cauliflower rice using one of the following two methods:
 - a. Microwave Option: Place the riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until the cauliflower rice is tender. Let cool slightly, then drain. Add the olive oil, salt, and toss to combine.
 - b. Stove top Option: In a large skillet or sauté pan with a tight-fitting lid, heat the olive oil over medium heat, then add the riced cauliflower and salt. Stir to coat the rice in the oil, then cover, reduce the heat to medium-low, and steam for 12 to 15 minutes, until the cauliflower rice is tender.

Shopping List

DINNERS ONLY | FAMILY OF 2 OR 4

These are the ingredients for the 4 dinners for the week. If you'd like to add on any of the breakfasts, lunches, snacks, or desserts, simply add those ingredients to your list as needed. If you'd like to make all of the meals included in the 5-day meal plan, we've added shopping lists for both families of 2 and 4 on pages [21](#) and [22](#).

PRODUCE

- ☐ Avocado, 1
- ☐ Broccoli, 3 medium heads (or 9 cups florets)
- ☐ Cherry tomatoes, 2 pints
- ☐ Cilantro, 1 head
- ☐ Green onions, 4
- ☐ Lime, 1
- ☐ Parsley, 8 stems (optional)
- ☐ Red onion, ¼
- ☐ Yukon gold potatoes, 1 pound

MEAT/DAIRY

- ☐ Bacon, 5 strips
- ☐ Boneless, skinless chicken breast, 5 pounds
- ☐ Shredded Italian cheese blend, 1 cup
- ☐ Salmon, 1–1½ pound fillet

SPICES

- ☐ Garlic powder, ½ tsp
- ☐ Italian seasoning, 1 tsp
- ☐ Red pepper flakes, ¼ tsp

PANTRY

- ☐ Avocado oil mayo, ½ cup
- ☐ Coconut aminos, 3 Tbsp
- ☐ Gluten-free breadcrumbs, ½ cup
- ☐ Gluten-free pasta, 8 ounces
- ☐ Ground ginger, 1 tsp
- ☐ Extra-virgin olive oil, ½ cup
- ☐ Fish sauce, ½ tsp
- ☐ Honey, 2 tsp
- ☐ Peanut Butter, ¼ cup
- ☐ Ranch dressing, store bought or homemade, ½ cup
- ☐ Rice wine vinegar, 1½ Tbsp
- ☐ Tomato sauce, 1 25-ounce jar
- ☐ White rice, 1½ cups

Ingredient Substitutions

To make this week Dairy-Free:

- Omit Italian cheese blend

To make this week Grain-Free

- Substitute ½ cup crushed pork rinds for the breadcrumbs
- Substitute 3 spiralized zucchini or 1 baked spaghetti squash for the pasta
- Substitute 2 medium heads cauliflower for the white rice

Shopping List:

FULL 5 DAY MEAL PLAN | FAMILY OF 2

PRODUCE

- ☐ Avocado, 2
- ☐ Baby spinach, 6 ounces
- ☐ Bananas, 4
- ☐ Broccoli, 3 medium heads (or 9 cups florets)
- ☐ Carrot sticks
- ☐ Celery sticks
- ☐ Cherry tomatoes, 2 pints
- ☐ Cilantro, 2 heads
- ☐ Collard greens, ½ bunch
- ☐ Green onions, 4
- ☐ Kale, Lacinato, 1 bunch
- ☐ Lemons, 2
- ☐ Limes, 2
- ☐ Mint leaves, ½ cup
- ☐ Parsley, 8 stems (optional)
- ☐ Red bell pepper, 1
- ☐ Red onion, ¼
- ☐ Yukon gold potatoes, 1 pound

MEAT/DAIRY

- ☐ Bacon, 5 strips
- ☐ Boneless, skinless chicken breast, 5 pounds
- ☐ Breakfast sausage, bulk, 2 pounds
- ☐ Butter, 3 tablespoons
- ☐ Provolone cheese, 6 slices
- ☐ Roast beef, 18 ounces
- ☐ Salmon, 1–1½ pound filet
- ☐ Shredded Italian cheese blend, 1 cup
- ☐ Sour cream, ⅓ cup

FROZEN

- ☐ Frozen hash browns, 2 (16-ounce) packages

PANTRY

- ☐ Avocado oil mayo, ½ cup
- ☐ Cacao nibs, ½ cup
- ☐ Chickpeas, 15 ounces
- ☐ Coconut aminos, 3 tablespoons
- ☐ Coconut milk, full-fat, 1 13.5 ounce can
- ☐ Dark chocolate chips, 12 ounces
- ☐ Dijon mustard, 1 tsp
- ☐ Freeze-dried strawberries, 1 cup
- ☐ Gluten-free breadcrumbs, ½ cup
- ☐ Gluten-free pasta, 8 ounces
- ☐ Gluten-free pretzels, 1 cup
- ☐ Ground ginger, 1 tsp
- ☐ Extra-virgin olive oil, ½ cup
- ☐ Fish sauce, ½ tsp
- ☐ Honey, 2 tsp
- ☐ Horseradish (2 tablespoons)
- ☐ Peanut Butter, ¼ cup
- ☐ Protein powder, unflavored, 4 scoops
- ☐ Ranch dressing, store bought or homemade, ½ cup
- ☐ Rice wine vinegar, 1 ½ tablespoons
- ☐ Tahini, ⅓ cup
- ☐ Tomato sauce, 1 25-ounce jar
- ☐ White rice, 1 ½ cups

SPICES

- ☐ Garlic powder, ½ tsp
- ☐ Italian seasoning, 1 tsp
- ☐ Red pepper flakes, ¼ tsp

Shopping List:

FULL 5 DAY MEAL PLAN | FAMILY OF 4

PRODUCE

- ☐ Avocado, 2
- ☐ Baby spinach, 6 ounces
- ☐ Bananas, 4
- ☐ Broccoli, 3 medium heads (or 9 cups florets)
- ☐ Carrot sticks
- ☐ Celery, 1 bunch
- ☐ Cherry tomatoes, 2 pints
- ☐ Cilantro, 2 bunches
- ☐ Collard greens, 1 bunch
- ☐ Garlic, 1 clove
- ☐ Green onions, 4
- ☐ Kale, lacinato, 1 bunch
- ☐ Lemons, 3
- ☐ Limes, 2
- ☐ Mint leaves, ½ cup
- ☐ Mixed greens, 6 ounces
- ☐ Parsley, 8 stems (optional)
- ☐ Red bell pepper, 2
- ☐ Red grapes, ½ cup
- ☐ Red onion, ¼
- ☐ Yukon gold potatoes, 1 pound

MEAT/DAIRY

- ☐ Bacon, 5 strips
- ☐ Boneless, skinless chicken breast, 5 pounds
- ☐ Breakfast sausage, 2 pounds
- ☐ Butter, 5 Tbsp
- ☐ Eggs, 18
- ☐ Provolone, 12 slices
- ☐ Roast beef, 36 ounces
- ☐ Salmon, 1–1 ½ pound fillet
- ☐ Shredded chicken, 4 cups
- ☐ Shredded Italian cheese blend, 1 cup
- ☐ Sour cream, ⅔ cup

FROZEN

- ☐ Hash browns, 3 (16-ounce) packages
- ☐ Spinach, 16 ounces

PANTRY

- ☐ Avocado oil mayo, 1 ½ cup
- ☐ Cacao nibs, ½ cup
- ☐ Cashews, ¾ cup
- ☐ Chickpeas, 15 ounces
- ☐ Cocoa powder, 2 Tbsp
- ☐ Coconut aminos, 3 Tbsp
- ☐ Coconut milk, full-fat, 2 (13.5 ounce) cans
- ☐ Collagen peptides, ½ cup (optional)
- ☐ Dark chocolate chips, 12 ounces
- ☐ Dark chocolate chips, mini, ½ cup
- ☐ Dijon mustard, ¼ cup
- ☐ Freeze-dried strawberries, 1 cup
- ☐ Gluten-free breadcrumbs, ½ cup
- ☐ Gluten-free pasta, 8 ounces
- ☐ Gluten-free pretzels, 1 cup
- ☐ Ground ginger, 1 tsp
- ☐ Extra-virgin olive oil, ¾ cup
- ☐ Fish sauce, ½ tsp
- ☐ Honey, 2 tsp
- ☐ Horseradish, 2 Tbsp
- ☐ Maple syrup, 2 Tbsp
- ☐ Medjool dates, 8
- ☐ Peanut Butter, 1 ¼ cup
- ☐ Pecans, ½ cup
- ☐ Ranch dressing, store bought or homemade, ½ cup
- ☐ Rice wine vinegar, 1 ½ Tbsp
- ☐ Tahini, ⅔ cup
- ☐ Tomato sauce, 1 25-ounce jar
- ☐ White rice, 1 ½ cups

SPICES

- ☐ Dried dill, 1 tsp
- ☐ Garlic powder, ½ tsp
- ☐ Italian seasoning, 1 tsp
- ☐ Poppy seeds, 1 tsp
- ☐ Red pepper flakes, ¼ tsp
- ☐ Vanilla extract, 1 tsp



4-WEEK MEAL PLAN

WEEK 02

Prep Day

Today you'll be prepping for all your dinners for the week, as well as for breakfast, lunch, snacks, and dessert! I like to start off my prep day by getting the mango chili jerky going, because it takes a while.

Note: If you're using the oven for your jerky instead of a dehydrator, you may want to either start them earlier in the day, or put them in after the sweet potatoes are cooked.

Then, I get the pork in the Instant Pot and the sweet potatoes in the oven, then move on to preparing the rest of the main dinner components. Once dinner is ready to go, I move on to prepping the cookies, breakfast meatballs and smoothie packs, and then finish off with making the lunch wraps.

Note: If you are a family of 4, we recommend splitting up your prep into multiple days, so refer to [page 4](#) to see our recommendation there!

Dinner Prep

To get your prep day started, you'll be prepping all of the main components you'll need to quickly put 3 dinners together this week.

MAKE THE MANGO CHILI JERKY

 Prep Time: 15 minutes  Cook Time: 4-5 hours  Serves: 8

INGREDIENTS



- 4 medium-sized mangoes, thinly slice
- ¼ cup lime juice (about 2 small limes)
- 1 tablespoon tajin, or 1 tablespoon chili powder plus ¼ teaspoon coarse salt

INSTRUCTIONS

1. Toss the mangoes, lime juice, and seasoning in a bowl until evenly coated, then lay on the racks of your dehydrator and cook at 135°F for 4–6 hours, until the mango is dried and leathery.

To make in an oven: heat your oven to the lowest possible temperature, then lay the mangoes on a parchment paper-lined baking sheet and cook for 2–3 hours, flipping every 30 minutes, until the mango is fully dried.

COOK AND SHRED THE PORK

 Prep Time: 15 minutes  Cook Time: 1½ to 10 hours, depending on method  Yield: 9 cups

INGREDIENTS

- 1 (5- to 6-pound) boneless pork shoulder
- 1½ teaspoons coarse sea salt
- 1 tablespoon extra-virgin olive oil (oven and Instant Pot methods)

INSTRUCTIONS

1. If using the Instant Pot method, cut the pork shoulder into 4 or 5 equal pieces. If using the oven or slow cooker method, leave the shoulder whole. Season the meat with the salt.
2. Cook the pork shoulder using one of the three methods below:
 - a. Oven Method (Cook Time: 4½ hours): Preheat the oven to 325°F. Heat the oil in a Dutch oven or enameled cast-iron pot with a lid over medium-high heat on the stove. Add the seasoned pork to the pot and sear for 3 to 4 minutes per side, until browned. Once browned, pour 1½ cups of water into the pot, then cover with the lid and transfer to the oven. Cook for 3½ to 4½ hours, until the pork shreds easily.
 - b. Instant Pot Method (Cook Time: 90 minutes): Set the Instant Pot to the “saute” mode and heat the olive oil in the pot. Working in batches, sear the seasoned pork for 2 to 3 minutes on each side. Return all of the seared pork to the pot, along with ½ cup of water. Seal the lid onto the Instant Pot and press the “manual” button, then set the timer to 90 minutes. Once finished, release the pressure manually by slowly turning the pressure valve from sealed to “venting.”
 - c. Slow Cooker Method (Cook Time: 8 to 10 hours): Place the seasoned pork shoulder in the slow cooker. Cover and cook on low for 8 to 10 hours, until the pork shreds easily.
3. Remove the pork from the pot. Shred the meat with 2 forks, removing the excess fat. Place 3 cups of the shredded pork in a container labeled “BBQ Potatoes,” 3 cups in a container labeled “curry,” and the remaining 3 cups in a container labeled “carnitas.” Store in the refrigerator for use later in the week.

BAKE THE SWEET POTATOES

 Prep Time: 5 minutes  Cook Time: 1 hour

INGREDIENTS

- 5–6 sweet potatoes (about 4 pounds total)
- 1 tablespoon extra-virgin olive oil

INSTRUCTIONS

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Wash and dry each potato and poke with a fork 4 or 5 times. Coat the sweet potatoes with the olive oil and place on the lined baking sheet.
3. Bake for 50 to 60 minutes, until the potatoes are easily pierced with a fork.
4. Store four of the largest sweet potatoes in the refrigerator for use later in the week. Remove the skins from the remaining sweet potatoes and cut into 1-inch cubes, then refrigerate for use later in the week.

COOK THE RICE

 Prep Time: 2 minutes  Cook Time: 20 minutes  Yield: 4 ½ cups

INGREDIENTS


1½ cups white rice

INSTRUCTIONS

Cook 1½ cups of white rice according to the package instructions, then store in the refrigerator for use later in the week.

***Paleo/Grain-free rice substitute:** Make 1½ batches of Basic Cauliflower Rice ([page 19](#)), then following the storage instructions for the white rice above.

PREPARE THE KALE

 Prep Time: 15 minutes  Cook Time: 4 minutes  Yield: 1 head chopped kale and 1 batch cooked kale

INGREDIENTS

- 2 heads of lacinato Kale
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon lemon juice (about ½ lemon)
- Pinch of coarse sea salt

INSTRUCTIONS

1. Wash and dry both heads of kale, then de-stem and coarsely chop one head of kale and store in the refrigerator for later use.
2. De-stem and coarsely chop the remaining head of kale, then heat the olive oil in a skillet with a lid over medium heat. Once hot, add the kale and toss it in the oil
3. Place the lid on the pan and allow the kale to wilt, 3 to 4 minutes. Once completely wilted, remove the lid and stir in the lemon juice and salt. Divide into two containers, 1 labeled “BBQ potatoes” and one labeled “curry” and store for use later in the week

DICE AN ONION

Dice half an onion and store in the refrigerator for use later in the week.

SLICE THE BELL PEPPER

Thinly slice two red bell peppers and one green bell pepper, place one of the sliced red bell pepper in a container labeled ‘curry’ and the remaining sliced red and green bell pepper in a container labeled ‘cheesesteak’ and store in the refrigerator for use later in week.

MAKE THE GRAIN-FREE CHOCOLATE CHIP COOKIES

🕒 Prep Time: 15 minutes 🕒 Cook Time: 12 minutes 🍪 Yield: 36 cookies

INGREDIENTS




- 1½ cups blanched almond flour
- ½ cup arrowroot starch
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon sea salt
- 6 tablespoons butter, softened
- 1 cup coconut sugar
- 1 cup cashew butter
- 2 eggs
- 2 teaspoons vanilla
- 1½ cup dark chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F and line a cookie sheet with parchment paper.
2. In a medium-sized bowl, whisk together the almond flour, arrowroot, baking powder, baking soda, and sea salt.
3. In a large bowl, beat the butter and coconut sugar with an electric mixer until fully combined, then add in the cashew butter, eggs, and vanilla and mix until well incorporated.
4. Add the flour mixture into the wet mixture ½ cup at a time, beating constantly, until fully combined, then stir in the chocolate chips.
5. Scoop the cookies into 1-inch balls and place at least 2 inches apart on the baking sheet.
6. Bake for 12 minutes, until the cookies are browned on top. Let cool, then store in an airtight container for up to one week.



MAKE THE CHORIZO POTATO BREAKFAST MEATBALLS

 Prep Time: 15 minutes  Cook Time: 30 minutes  Yield: about 34 meatballs, 8 servings

INGREDIENTS

- 1 large russet potato (about 1 pound), peeled
- 1½ cups chopped baby spinach (may also use kale)
- 2 pounds ground pork
- 3 tablespoons apple cider vinegar
- 1 tablespoon paprika
- 2 teaspoons ancho chile powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¾ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper, optional

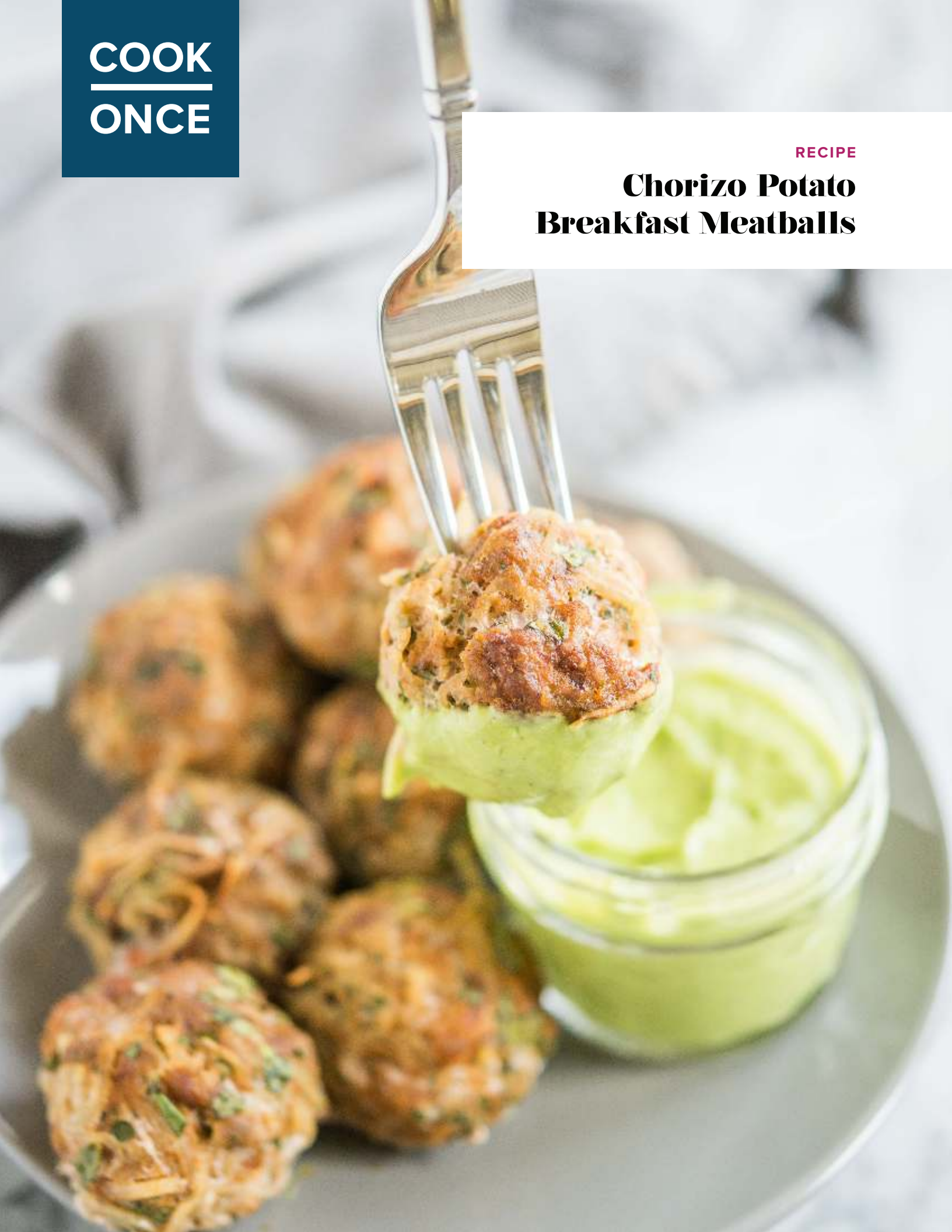
INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
2. Grate the potato (we recommend using the shredder attachment of your food processor for quickest results), then place 1½ cups of shredded potato in a tea towel and squeeze the potato to get rid of excess moisture.
3. Add the shredded potato to a large bowl along with the remaining spinach, ground pork, and seasonings, then work the mixture with your hands until fully combined.
4. Roll the mixture into 1-inch balls then place on the parchment paper-lined baking sheet. Bake for 25 minutes, until the meatballs are fully cooked and browned on top.
5. Eat immediately, or store in the refrigerator for up to 5 days or the freezer for up to 5 months. To reheat, either microwave them for 1 minute, or place in a skillet with a teaspoon of oil over medium heat and cook for 2 minutes per side, until browned and fully warmed through.

**COOK
ONCE**

RECIPE

Chorizo Potato Breakfast Meatballs



GREEN PROTEIN SMOOTHIE PACKS

 Prep Time: 10 minutes  Yield: 4 smoothie packs

INGREDIENTS

For the Smoothie Packs:

- 5 cups frozen spinach
- 3 sliced and frozen bananas (tip: slice and freeze solid on a baking sheet then transfer to bags so the pieces don't stick together)
- 5 scoops protein powder or collagen peptides
- 1 can full-fat coconut milk, frozen into ice cubes (makes approximately 16 ice cubes)
- 5 teaspoons chia seeds
- 2½ teaspoons chlorella powder (optional)

For the Smoothies:

- 1 smoothie pack
- 1–1½ cups water or coconut water, depending on desired thickness
- Additional chia seeds for garnish, if desired

INSTRUCTIONS

To make the Freezer Packs:

1. Label a freezer bag with the date and smoothie contents.
2. Fill each bag with 1 cup frozen spinach, ½ frozen banana, 1 scoop protein powder, 3 coconut milk ice cubes, 1 teaspoon chia seeds, and ½ teaspoon chlorella powder.
3. Seal the bags and place in the freezer to keep for up to 5 months.

To make a Smoothie:

Add the contents of one smoothie pack to a blender with 1 to 1½ cups water (depending on desired consistency) and blend until smooth. Top with additional chia seeds if desired.



MAKE THE SMOKED SALMON LUNCH WRAPS

These wraps are quick enough to make the night before, but can also be made further in advance. We recommend storing your wrap for no longer than 3 days so that the tortillas don't get soggy!

🕒 Prep Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- 4 Siete grain-free tortillas (we love the coconut and cassava for this!)
- 12 ounces smoked salmon
- 4 tablespoons cream cheese, softened (use Kite Hill almond cream cheese for dairy-free)
- 2 teaspoons dried dill
- ¼ red onion, thinly sliced
- 4 teaspoons capers
- Freshly cracked black pepper

INSTRUCTIONS

1. Heat the tortillas according to package instructions, then mix together the cream cheese and dill.
2. Spread the cream cheese on each tortilla, then top with the smoked salmon, red onion, capers, and freshly cracked black pepper. Roll up the tortillas then cut them in half. Store in the refrigerator for up to 3 days.





BBQ Pork Stuffed Sweet Potatoes

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- 4 baked sweet potatoes (from Prep Day)
- 1 tablespoon extra-virgin olive oil
- 2 cups shredded pork
- Cooked kale (from Prep Day)
- 1 cup BBQ sauce

INSTRUCTIONS

1. Preheat the oven to 350°F and line a rimmed baking sheet with parchment paper. Place the sweet potatoes on the parchment paper and bake for 15 minutes, until warmed through.
2. Add the oil to a skillet over medium high heat. Once hot, add the pork. Cook for 2–3 minutes, until slightly crisp, then stir in the kale and BBQ sauce. Cook for an additional 1–2 minutes, until completely warmed through.
3. Cut a slit lengthwise in the sweet potatoes, then stuff with the BBQ pork and serve!



Pork and Sweet Potato Curry

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍲 Serves: 4

INGREDIENTS

- 1 tablespoon ghee or extra-virgin olive oil
- Diced onion (from Prep Day)
- 2 cloves garlic, minced
- Sliced red bell pepper (from Prep Day)
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- 1 tablespoon tomato paste
- 1 can full-fat coconut milk
- 2½ cups chicken stock
- 3 cups shredded pork (from Prep Day)
- Cooked cubed sweet potato (from Prep Day)
- Chopped kale (from Prep Day)
- ¼ cup lime juice (about 2 limes)
- Fresh chopped cilantro, for garnish
- Fresh sliced jalapeño, for garnish (optional)
- White rice or cauliflower rice, for serving (from Prep Day)

INSTRUCTIONS

1. Add the ghee to a large pot over medium-high heat. Once hot, add the onion, garlic, and bell pepper. Cook for 4–5 minutes, until the onion is translucent and the peppers are wilted.
2. Reduce the heat to medium, then add the curry powder, turmeric, and ginger to the onion mixture and stir for 30 seconds, until fragrant.
3. Add the tomato paste to the curry mixture, stirring to combine. Pour the coconut milk into the pot and whisk to combine, making sure there are no lumps of tomato paste, then stir in the chicken broth.
4. Add the pork shoulder and kale, and let the curry cook for 5 minutes, until bubbling. Add the kale to and cook for an additional 2 minutes, until the kale is wilted and bright green.
5. While the curry is cooking, re-warm the rice either by microwaving it for two minutes, or by adding to a lidded pot over medium heat for 5 minutes.
6. Stir in the lime juice, then garnish with fresh jalapeño and cilantro, if desired. Serve over rice and enjoy!



Carnitas Tacos with Creamy Salsa Verde

⌚ Prep Time: 15 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

For the Carnitas:

- 1 tablespoon extra-virgin olive oil
- 3 cups shredded pork
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon coarse sea salt
- Corn tortillas, for serving (use Siete tortillas for lettuce wraps or grain-free)
- Fresh chopped cilantro, for garnish
- Crumbled cotija cheese, for garnish (optional)
- Diced onion, for garnish (optional)

For the Creamy Salsa Verde:

- 1 avocado
- ¼ cup sour cream or cream from the top of a can of full-fat coconut milk
- ⅓ cup cilantro
- 2 tablespoons lime juice (about 1 lime)
- 16 ounces salsa verde
- ½ cup chicken broth
- Crumbled cotija cheese, for garnish (optional)
- Diced onion, for garnish (optional)

INSTRUCTIONS

1. Place all of the ingredients for the salsa verde in a blender and blend until smooth.
2. Add the olive oil to a skillet over medium-high heat. Once hot, add the shredded pork. Season the pork with the cumin, oregano, and sea salt, and cook for 3–4 minutes, until browned and crisp, then flip and cook an additional 2–3 minutes, until crisp.
3. While the carnitas are cooking, heat the tortillas. Place a cast iron or other heavy-bottomed skillet over medium heat. Once hot, add a tortilla to the skillet, let cook for 30 seconds until browned and slightly puffy, then flip and cook an additional 30 seconds. To keep the tortillas warm, wrap them in a towel.
4. To serve the tacos: place the pork in a tortilla, then top with the salsa verde, cilantro, cotija, and onion and enjoy!



Philly Cheesesteak Skillet

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced (from Prep Day)
- 1 green bell pepper, thinly sliced (from Prep Day)
- 2 cloves garlic, minced
- 1½ pounds ground beef
- 1 teaspoon coarse salt
- ¼ teaspoon black pepper
- 1 tablespoon Dijon mustard
- 2 tablespoons coconut aminos
- 6 slices provolone cheese
- Side of choice — we recommend white rice, stuffing a baked potato, or making a sandwich!

INSTRUCTIONS

1. Add the olive oil to a skillet over medium heat. Once hot, put the sliced onion and bell pepper in the pan. Cook for 5–7 minutes, stirring occasionally, until browned, then remove from pan.
2. Put the minced garlic in the pan and cook for 30 seconds, until fragrant, then add the ground beef, salt, and pepper. Cook for 5 minutes, breaking up the ground beef as it browns, until the beef is fully cooked through, then drain off the excess fat and return the skillet to medium heat.
3. Stir the Dijon mustard into the ground beef, then add the coconut aminos. Add the peppers and onions back to the pan with the beef, then let cook for 2–3 minutes, until the mixture is bubbling.
4. Place the cheese on top of the beef and either cover with a lid or place the skillet under a broiler to melt the cheese.
5. Serve over rice, with potatoes, or make a sandwich, and enjoy!

Additional Recipes

Plantain and Sausage Breakfast Casserole

🕒 Prep Time: 15 minutes 🕒 Cook Time: 25 minutes

INGREDIENTS

- 2 pounds breakfast sausage (gluten-free)
- 3 ripe plantains, peeled and cut into ½-inch thick discs
- 12 eggs, whisked
- ½ teaspoon fine sea salt
- ¼ teaspoon cracked black pepper
- 2 teaspoons dried oregano

INSTRUCTIONS

1. In a large skillet, brown the breakfast sausage over medium/high heat, breaking it up with a spoon as it cooks. Cook until it looks crispy and has released a good amount of fat. Using a slotted spoon, transfer the browned sausage to a separate bowl, leaving the grease behind in the pan.
2. Turn the heat to medium and add one layer of the sliced plantains. Cook on one side for about 3 to 6 minutes, or until they start to look golden brown. Flip them over and cook for an additional 3 to 6 minutes, or until golden brown. As the plantains are finished, add them to the bottom of a 9-inch by 13-inch casserole dish. Repeat until all the plantain pieces are cooked and spread out into one even layer in the bottom of the dish.
3. Spread the sausage over the plantains and then pour the whisked eggs over the sausage. Sprinkle the top with the salt, pepper, and oregano.
4. Bake the casserole at 350°F for 20 to 25 minutes, or until the center is firm (give it a shake and if it jiggles, it needs more time).
5. Let the casserole cool for about 5 minutes then slice and serve. Enjoy!



Plantain Chips

 Prep Time: 5 minutes  Cook Time: 20 minutes  Serves: 6-8

INGREDIENTS

- 2 green plantains
- 2 teaspoons extra-virgin coconut oil, melted
- 1 teaspoon sea salt (or more to your liking)

INSTRUCTIONS

1. Set oven to 350°F and line a baking sheet with parchment paper.
2. Cut the ends off and then score the length of the plantain with about three evenly spaced cuts. Don't cut too far into the flesh, you just want to cut through the skin.
3. Peel the plantain then slice it on a diagonal as thinly as you can consistently manage.
4. Toss the plantain slices with the melted coconut oil, lay out on the baking sheet, and sprinkle with the salt.
5. Bake for 20–25 minutes. (Leave in longer or shorter depending on how your oven heats and feel free to remove the more well-done chips as they start to brown.)
6. Store in an airtight container at room temperature for up to 5 days.

Loaded BLT Egg Salad

 Prep Time: 10 minutes  Cook Time: 30 minutes  Serves: 8

INGREDIENTS

- | | |
|-------------------------------|--|
| • 12 eggs, chilled | • 9 pieces of bacon, cooked and chopped |
| • ½ cup avocado oil mayo | • 1 cup arugula, roughly chopped |
| • 2 tablespoons Dijon mustard | • 1 cup cherry tomatoes, halved or quartered |
| • 2 green onions, chopped | depending on size |

INSTRUCTIONS

1. Bring about 3 inches of water to a boil in a large pot. Once boiling, pull the eggs from the refrigerator. Using a slotted spoon or fitted strainer basket, carefully place or submerge the eggs in the boiling water. Boil the eggs for exactly 10 minutes.
2. While the eggs are boiling, prepare an ice bath by filling a large bowl with at least 5 cups of ice cubes. Add enough water to cover the ice cubes.
3. Use a slotted spoon (or the strainer basket) to pull the eggs from the boiling water. Immediately place them in the ice bath, making sure that each egg is submerged. Let them sit in the bath for at least 15 minutes.
4. Once completely chilled, peel the eggs, then chop them.
5. Make the dressing in a small bowl by whisking mayo and Dijon together until fully incorporated.
6. Place all remaining ingredients in a large mixing bowl and then add dressing.
7. Mix well to make sure all ingredients are combined.
8. Keep refrigerated in an air tight container for up to 3 days.




COOK
ONCE

RECIPE

Loaded BLT Egg Salad



Basic Cauliflower Rice

 Prep Time: 5 minutes  Cook Time: 10-15 minutes, depending on method  Serves: 4

INGREDIENTS

- 1 large head cauliflower (about 3 pounds), or 18 ounces frozen riced cauliflower
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. If using frozen riced cauliflower, skip ahead to Step 2. To “rice” cauliflower, cut the florets from the stem. Either grate it by hand using the largest holes on a box grater or affix the grating attachment to a food processor and pulse until a rice-like texture is achieved. One large head of cauliflower should give you about 4 cups of “rice.”
2. Steam the cauliflower rice using one of the following two methods:
 - a. Microwave option: Place the riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until the cauliflower rice is tender. Let cool slightly, then drain. Add the olive oil, salt, and toss to combine.
 - b. Stovetop Option: In a large skillet or sauté pan with a tight-fitting lid, heat the olive oil over medium heat, then add the riced cauliflower and salt. Stir to coat the rice in the oil, then cover, reduce the heat to medium-low, and steam for 12 to 15 minutes, until the cauliflower rice is tender.

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Shopping List

DINNERS ONLY | FAMILY OF 2 OR 4

These are the ingredients for the 4 dinners for the week. If you'd like to add on any of the breakfasts, lunches, snacks, or desserts, simply add those ingredients to your list as needed. If you'd like to make all of the meals included in the 5-day meal plan, refer to these shopping lists for a [family of 2](#) and a [family of 4](#).

PRODUCE

- ☐ Avocado, 1
- ☐ Cilantro, 1 bunch
- ☐ Garlic cloves, 2
- ☐ Lacinato kale, 2 heads
- ☐ Jalapeño, 1 (optional)
- ☐ Limes, 3
- ☐ Red bell pepper, 1
- ☐ Sweet potatoes, 5–6 (about 4 pounds total)
- ☐ Yellow onion, 1

MEAT/DAIRY

- ☐ Cotija cheese, ¼ cup
- ☐ Pork shoulder, boneless, 5 to 6 pounds
- ☐ Sour cream (or cream from the top of a can of full-fat coconut milk), ¼ cup

SPICES

- ☐ Curry powder, 2 tablespoons
- ☐ Ground turmeric, 1 tsp
- ☐ Ground ginger, 1 tsp
- ☐ Ground cumin, 1 tsp
- ☐ Dried oregano, ½ tsp

PANTRY

- ☐ BBQ sauce, 1 cup
- ☐ Chicken stock, 3 cups
- ☐ Corn tortillas, 8
- ☐ Extra-virgin olive oil, ¼ cup plus 1 tablespoon
- ☐ Full-fat coconut milk, one can
- ☐ Salsa verde, 16 ounces
- ☐ Tomato paste, 1 tablespoon
- ☐ White rice, 1½ cups

Ingredient Substitutions

To make this week Dairy-Free:

- Omit the cotija cheese
- Substitute coconut cream from the top of a can of full-fat coconut milk for the sour cream

To make this week Grain-Free

- Substitute 2 medium heads cauliflower for the white rice

Shopping List:

FULL 5 DAY MEAL PLAN | FAMILY OF 2

PRODUCE

- ☐ Avocado, 1
- ☐ Baby spinach, chopped, 1½ cups
(may also use kale)
- ☐ Cilantro, 1 bunch
- ☐ Dried dill, 2 tsp
- ☐ Frozen bananas, sliced, 3
- ☐ Frozen spinach, 5 cups
- ☐ Garlic cloves, 2
- ☐ Green bell pepper, 1
- ☐ Green plantains, 2
- ☐ Lacinato kale, 2 heads
- ☐ Jalapeño, 1 (optional)
- ☐ Lemon, 1
- ☐ Limes, 5
- ☐ Red bell pepper, 1
- ☐ Red onion, ¼
- ☐ Russet potato, 1 large (about 1 pound), peeled
- ☐ Sweet potatoes, 5–6 (about 4 pounds total)
- ☐ Yellow onion, 1
- ☐ Mangoes, medium-sized, thinly sliced, 4

MEAT/DAIRY

- ☐ Butter, softened, 6 tablespoons
(substitute ghee for dairy-free)
- ☐ Cotija cheese, ¼ cup (omit for dairy-free)
- ☐ Cream cheese, 4 tablespoons
(use Kite Hill almond cream cheese for dairy-free)
- ☐ Eggs, 2
- ☐ Ground beef, 1½ pounds
- ☐ Ground pork, 2 pounds
- ☐ Pork shoulder, boneless, 5 to 6 pounds
- ☐ Provolone cheese, 6 slices
- ☐ Sour cream (or cream from the top of a can of full-fat coconut milk), ¼ cup
- ☐ Smoked salmon, 12 ounces

PANTRY

- ☐ Almond flour, blanched, 1½ cups
- ☐ Apple cider vinegar, 3 tablespoons
- ☐ Arrowroot starch, ½ cup
- ☐ Baking powder, ½ tsp
- ☐ Baking soda, 1 tsp
- ☐ BBQ sauce, 1 cup
- ☐ Capers, 4 tsp
- ☐ Cashew butter, 1 cup
- ☐ Chia seeds, 5 tsp
- ☐ Chlorella powder, 2½ tsp (optional)
- ☐ Coconut sugar, 1 cup
- ☐ Coconut water, 1–1½ cups (optional)
- ☐ Chicken stock, 3 cups
- ☐ Coconut aminos, 2 tablespoons
- ☐ Corn tortillas, 8
- ☐ Dark chocolate chips, 1½ cup
- ☐ Dijon mustard, 1 tablespoon
- ☐ Extra-virgin coconut oil, 2 tsp
- ☐ Extra-virgin olive oil, ¼ cup plus 2 tablespoons
- ☐ Full-fat coconut milk, 2 cans
- ☐ Protein powder or collagen peptides, 5 scoops
- ☐ Salsa verde, 16 ounces
- ☐ Siete grain-free tortillas, 4
(we love the coconut and cassava for this!)
- ☐ Tomato paste, 1 tablespoon
- ☐ White rice, 1½ cups

SPICES

- ☐ Ancho chile powder, 2 tsp
- ☐ Cayenne pepper, ¼ tsp, optional
- ☐ Cumin, 1 tsp
- ☐ Curry powder, 2 tablespoons
- ☐ Garlic powder, 1 tsp
- ☐ Ground turmeric, 1 tsp
- ☐ Ground ginger, 1 tsp
- ☐ Ground cumin, 1 tsp
- ☐ Onion powder, 1 tsp
- ☐ Dried oregano, 1½ tsp
- ☐ Paprika, 1 tablespoon
- ☐ Tajin, 1 tablespoon or chili powder, 1 tablespoon
- ☐ Vanilla, 2 tsp

Shopping List:

FULL 5 DAY MEAL PLAN | FAMILY OF 4

PRODUCE

- ☐ Avocado, 1
- ☐ Arugula, 1 cup
- ☐ Baby spinach, chopped, 1½ cups
(may also use kale)
- ☐ Cherry tomatoes, 1 cup
- ☐ Cilantro, 1 bunch
- ☐ Dried dill, 2 tsp
- ☐ Frozen bananas, sliced, 3
- ☐ Frozen spinach, 5 cups
- ☐ Garlic cloves, 2
- ☐ Green bell pepper, 1
- ☐ Lacinato kale, 2 heads
- ☐ Jalapeño, 1 (optional)
- ☐ Lemon, 1
- ☐ Limes, 5
- ☐ Mangoes, medium, 4
- ☐ Plantains, brown, 3
- ☐ Plantains, green, 2
- ☐ Red bell pepper, 1
- ☐ Red onion, ¼
- ☐ Russet potato, 1 large (about 1 pound), peeled
- ☐ Sweet potatoes, 5–6 (about 4 pounds total)
- ☐ Yellow onion, 1

MEAT/DAIRY

- ☐ Bacon, 9 strips
- ☐ Breakfast sausage, bulk, 2 pounds
- ☐ Butter, softened, 6 Tbsp
(substitute ghee for dairy-free)
- ☐ Cotija cheese, ¼ cup (omit for dairy-free)
- ☐ Cream cheese, 4 Tbsp
(use Kite Hill almond cream cheese for dairy-free)
- ☐ Eggs, 14
- ☐ Ground beef, 1½ pounds
- ☐ Ground pork, 2 pounds
- ☐ Pork shoulder, boneless, 5 to 6 pounds
- ☐ Provolone cheese, 6 slices
- ☐ Sour cream (or cream from the top of
a can of full-fat coconut milk), ¼ cup
- ☐ Smoked salmon, 12 ounces

PANTRY

- ☐ Almond flour, blanched, 1½ cups
- ☐ Apple cider vinegar, 3 Tbsp
- ☐ Arrowroot starch, ½ cup
- ☐ Avocado oil mayo, ½ cup
- ☐ Baking powder, ½ tsp
- ☐ Baking soda, 1 tsp
- ☐ BBQ sauce, 1 cup
- ☐ Capers, 4 tsp
- ☐ Cashew butter, 1 cup
- ☐ Chia seeds, 5 tsp
- ☐ Chlorella powder, 2½ tsp (optional)
- ☐ Coconut oil, 2 Tbsp
- ☐ Coconut sugar, 1 cup
- ☐ Coconut water, 1–1½ cups (optional)
- ☐ Chicken stock, 3 cups
- ☐ Coconut aminos, 2 Tbsp
- ☐ Corn tortillas, 8
- ☐ Dark chocolate chips, 1½ cup
- ☐ Dijon mustard, 3 Tbsp
- ☐ Extra-virgin olive oil, ¼ cup plus 1 Tbsp
- ☐ Full-fat coconut milk, 2 cans
- ☐ Protein powder or collagen peptides, 5 scoops
- ☐ Salsa verde, 16 ounces
- ☐ Siete grain-free tortillas, 4
(we love the coconut and cassava for this!)
- ☐ Tomato paste, 1 Tbsp
- ☐ White rice, 1½ cups

SPICES

- ☐ Ancho chile powder, 2 tsp
- ☐ Ground black pepper, ½ tsp
- ☐ Cayenne pepper, ¼ tsp, optional
- ☐ Cumin, 1 tsp
- ☐ Curry powder, 2 Tbsp
- ☐ Garlic powder, 1 tsp
- ☐ Ground turmeric, 1 tsp
- ☐ Ground ginger, 1 tsp
- ☐ Ground cumin, 1 tsp
- ☐ Onion powder, 1 tsp
- ☐ Dried oregano, 1½ tsp
- ☐ Paprika, 1 Tbsp
- ☐ Tajin, 1 Tbsp or chili powder, 1 Tbsp
- ☐ Vanilla, 2 tsp



4-WEEK MEAL PLAN

WEEK 03

Prep Day



Today you'll be prepping for all your dinners for the week, as well as for breakfast, lunch, snacks, and dessert! We will start off prepping all of the dinners for the week, then move into the remaining meals. I like to start off with getting the turkey browned, then making the meatballs, rice, and prepping the veggies, then I make the sauces. Once your dinner components are done, you'll get the snack mix in the oven, then make the frittata, and prep the overnight oats, chia puddings, and Italian wraps while it bakes.

Brown Some of the Ground Turkey

 Cook Time: 15 minutes  Yield: About 8 cups

In a large sauté pan over medium heat, combine 3½ pounds of ground turkey and 1 teaspoon of salt. Let cook for 10 to 15 minutes, crumbling the meat as it browns, until fully cooked through. Drain the fat from the turkey then let cool.

Cook the Rice

 Prep Time: 1 minute  Cook Time: About 20 minutes  Yield: 6 cups

Cook 2 cups of white rice according to the package instructions. Let cool, then place 3 cups rice in a container labeled “curry” and 3 cups rice in a container labeled “meatballs” and store in the refrigerator for later use.

***Paleo/Grain-free rice substitute:** Make a double batch of Basic Cauliflower Rice ([page 19](#)), then following the storage instructions for the white rice above.

Make the Meatballs



Prep Time: 10 minutes



Cook Time: 18 minutes



Yield: 16 meatballs

INGREDIENTS

- 1½ pounds ground turkey
- 1 teaspoon coarse sea salt
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 2 tablespoons sliced green onion
- 1 teaspoon sesame oil

INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
 2. Add all meatball ingredients to a large bowl, then work the mixture with your hands until it is fully combined. Form the mixture into 2-inch meatballs, then place on the parchment paper-lined baking sheet.
 3. Bake for 18 minutes, until the meatballs are browned and fully cooked through.
 4. Let cool and then store in the refrigerator for use later in the week.
-

Prepare the Zucchini



Prep Time: 7 minutes

INSTRUCTIONS

1. Cut 2 zucchini in half lengthwise, then place cut side-down on a cutting board and slice into ½-inch rounds, then store in the refrigerator.
 2. Dice one zucchini into ½-inch pieces, then store in the refrigerator for use later in the week.
-

Dice the Bell Peppers

Dice two red bell peppers. Place half of the chopped peppers in a container labeled “curry” and half in a container labeled “taco skillet” and store in the refrigerator for later use.

Dice an Onion

Dice a white onion, then store in an airtight container in the refrigerator for use later in the week.

Prepare the Broccoli



Prep Time: 5 minutes

Chop 2 crowns of broccoli into florets, then store in the refrigerator for later use.

Make the Teriyaki Sauce

 Prep Time: 2 minutes  Cook Time: 5 minutes

INGREDIENTS

- ½ cup coconut aminos
- ½ cup chicken broth
- 3 tablespoons coconut sugar (optional)
- 1 teaspoon toasted sesame oil
- 1½ teaspoons unseasoned rice wine vinegar
- ½ teaspoon ginger powder
- ½ teaspoon red pepper flakes
- ¼ teaspoon sea salt
- 1 teaspoon arrowroot powder

INSTRUCTIONS

1. In a small saucepan over medium heat, combine all the ingredients except the arrowroot powder. Bring to a simmer and cook for 5 minutes, until the sauce is lightly reduced in volume.
2. In a small bowl, whisk the arrowroot powder with 1 tablespoon of water to make a slurry, then whisk the slurry into the sauce. Bring the sauce to a boil, stir, and cook for an additional minute, until thickened. Store in the refrigerator for use later in the week.

Make the Green Curry Sauce

 Prep Time: 5 minutes

INGREDIENTS

- 4 ounces Thai green curry paste
- 13.5 ounces full-fat coconut milk
- 2 tablespoons lime juice (about 1 lime)
- 1 tablespoon coconut aminos
- ¼ teaspoon fish sauce

INSTRUCTIONS

Add all ingredients to a bowl and whisk until smooth, then store in the refrigerator for later use.

*Now that you've completed prep for dinner this week, it's time to make your additional meals!
Feel free to make as few or as many of these additional meals as your family needs.*

Make the Gluten-Free Snack Mix



Prep Time: 5 minutes



Cook Time: 15 minutes



Yield: Serves 12

INGREDIENTS

- 6 cups rice or corn Chex
- 2 cups gluten-free pretzels
- 2 cups miniature gluten-free crackers
- 2 cups unsalted mixed nuts
- 1¼ teaspoon coarse sea salt
- 1 teaspoon paprika
- 1 teaspoon dried parsley
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ½ cup butter, melted (substitute avocado oil or ghee for dairy-free)
- 4 teaspoons gluten-free tamari or coconut aminos

INSTRUCTIONS

1. Preheat the oven to 300°F and line two rimmed baking sheets with parchment paper.
2. Place the Chex, pretzels, crackers, nuts, and seasonings in a large bowl, then toss to combine.
3. Whisk together the tamari and butter, then pour it over the Chex mix, stirring constantly, until evenly coated.
4. Spread out on two parchment paper lined baking sheet and bake at 300°F for 10 minutes, then stir, and move the mix that was on the top rack to the bottom and vice versa, and bake for an additional 10–15 minutes, until crisp.
5. Let cool then store in an airtight container for up to 1 week.

Make the Goat Cheese + Veggie Frittata



Prep Time: 5 minutes



Cook Time: 45 minutes



Yield: Serves 6

INGREDIENTS

- 5 strips of bacon
- 1 bunch asparagus, cut into 1-inch pieces
- 1 orange bell pepper, sliced into 1-inch pieces
- 1/3 cup crumbled goat cheese (omit for dairy-free)
- 1 dozen large eggs, lightly beaten
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- Chopped fresh parsley for garnish, if desired

INSTRUCTIONS

1. Preheat the oven to 350°F.
 2. In a large oven-proof sauté pan over medium heat, cook the bacon until crisp, then remove from the pan and crumble.
 3. Drain off the excess grease from the pan, then add in the asparagus and bell pepper . Sauté for 3–4 minutes, until slightly softened, then pour the eggs over the veggies and stir the mixture together over medium heat until the eggs just start to set, after about 4 minutes.
 4. Sprinkle the bacon and goat cheese over the top of the frittata, then transfer to the oven and bake for 25 minutes, or until the middle of the frittata doesn't jiggle when the pan is shaken. Let cool for 5 minutes, then store in the refrigerator for later use.
-

Make the Maple Pecan Overnight Oats

 Prep Time: 1 minute  Yield: Serves 8

INGREDIENTS

- 4 cups rolled oats
- 4 cups milk of choice
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Chopped pecans and pomegranate seeds, or other fruit of choice, for topping

INSTRUCTIONS

Whisk together the milk, maple syrup, and vanilla extract, then stir in the oats. You can store the oats in one large container, or divide them into 8 separate containers (we recommend using an 8-ounce mason jar for this). Top with chopped pecans and pomegranate seeds to serve.

Make the Chocolate Chia Pudding



Prep Time: 1 minute



Yield: Serves 8

INGREDIENTS

- 2 (13.5-ounce) cans full-fat coconut milk
- 2 to 4 tablespoons pure maple syrup, depending on desired sweetness
- 4 tablespoons cocoa powder
- 4 scoops collagen peptides (optional)
- 2 teaspoons vanilla extract
- ½ cup chia seeds
- Fresh berries, for topping, if desired

INSTRUCTIONS

1. Place the coconut milk, maple syrup, cocoa powder, collagen peptides, and vanilla extract in a blender and blend until fully incorporated.
2. Transfer the coconut milk mixture to a bowl and whisk in the chia seeds.
3. Pour the chia seed mixture evenly into 8 4-ounce mason jars or similar-sized containers, seal the lids, and shake the containers. Refrigerate for 1 hour.
4. After 1 hour, shake the jars again to make sure the chia seeds don't sink to the bottom, then place in the refrigerator and let set overnight, or for at least 3 hours.
5. Top the chia pudding with berries and enjoy!

Storage Instructions: Store in the refrigerator in an airtight container for up to 5 days.

Make the Italian Lunch Wraps

Note: a family of 2 will only need 2 wraps for the week, while a family of 4 will need 12, if following the meal plans as written.

 Prep Time: 5 minutes  Yield: Serves 1

INGREDIENTS

For the Italian Vinaigrette:

- 1 tablespoon extra-virgin olive oil
- ½ tablespoon red wine vinegar
- ¼ teaspoon Italian seasoning

For the Wraps:

- 1 cheese wrap (may substitute large collard green leaves, rinsed, stems shaved if needed)
- 4 slices salami
- 2 slices capicola
- 1 slice prosciutto
- 3 slices red onion
- 1 tablespoon chopped pepperoncini

INSTRUCTIONS

1. In a small bowl, whisk together the ingredients for the vinaigrette.
 2. Lay the wraps on a flat surface, then layer onto each leaf 4 slices of salami, 2 slices of capicola, 1 slice of prosciutto, 3 slices of onion, and 1 tablespoon chopped pepperoncini then spoon the desired amount of vinaigrette onto each wrap.
 3. Tightly roll the wrap, then cut in half.
 4. Chill until ready to serve, then enjoy!
-

Dinner Recipes



Turkey Thai Green Curry

 Prep Time: 10 minutes  Cook Time: 20 minutes  Serves: 4

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 red bell pepper, diced (from Prep Day)
- Sliced zucchini (from Prep Day)
- 4 cups cooked ground turkey (from Prep Day)
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Green curry sauce (from Prep Day)
- ¼ cup sliced green onion, for garnish
- 3 cups cooked white rice or cauliflower rice (from Prep Day)

INSTRUCTIONS

1. Pour the oil into a pot over medium heat, once hot add the bell pepper and cook for 3–4 minutes, until wilted, then add the zucchini and cook for an additional 3–4 minutes, until soft.
2. Add the ground turkey and curry sauce to the pot and stir to combine. Let cook for 5 minutes, until warmed through.
3. While the curry cooks, reheat the rice either by placing it in a medium-sized saucepan, covered, over low heat or by microwaving it for about 2 minutes, until hot.
4. Remove from heat, then garnish with green onion and serve.



Turkey Teriyaki Meatballs

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- Turkey meatballs (from Prep Day)
- Teriyaki sauce (from Prep Day)
- Broccoli florets (from Prep Day)
- 3 cups cooked white rice or cauliflower rice (from Prep Day)
- 1 teaspoon sesame seeds, for garnish
- 2 tablespoons sliced green onion, for garnish

INSTRUCTIONS

1. Steam the broccoli using one of these two methods:
 - a. Microwave option: Place the broccoli in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, until cooked through. Let cool slightly, then drain.
 - b. Stovetop option: Pour ¼ cup of water into a large skillet or sauté pan over medium heat. Once hot, add the broccoli and cover the pan. Reduce the heat to medium-low and let the broccoli steam for 12 to 15 minutes, until cooked through. Let cool slightly, then drain.
2. While the broccoli cooks, the meatballs and teriyaki sauce to a skillet with matching lid over medium heat. Cover and cook for 5–7 minutes, stirring occasionally, until the meatballs are heated through and the sauce is bubbling.
3. Reheat the rice either by placing it in a medium-sized saucepan, covered, over low heat or by microwaving it for about 2 minutes, until hot.
4. To serve: place the meatballs and broccoli over the rice and enjoy!



Ground Turkey Soft Tacos

⌚ Prep Time: 5 minutes ⌚ Cook Time: 15 minutes 🍽 Serves: 4

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 red bell pepper, diced (from Prep Day)
- 1 small white onion, diced (from Prep Day)
- 2 cloves garlic, minced
- 1 zucchini, chopped (from Prep Day)
- 1 cup frozen corn
- 4 cups cooked ground turkey (from Prep Day)
- 15 ounces tomato sauce
- $\frac{3}{4}$ cup chicken broth
- 1 teaspoon coarse sea salt
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- $\frac{1}{4}$ teaspoon black pepper
- Corn or grain-free tortillas, warmed, for serving
- Cilantro, for garnish, if desired
- Shredded cheese, for garnish, if desired

INSTRUCTIONS

1. Add the olive oil to a skillet over medium heat. Once hot, add the bell pepper, onion, and garlic to the pan and cook for 5–6 minutes, until browned.
2. Add the zucchini and frozen corn to the pan and cook for 1–2 minutes, until the corn is defrosted, then stir in the ground turkey.
3. Add the tomato sauce, chicken broth, salt, chili powder, paprika, cumin, oregano, and pepper to the turkey mixture and stir to combine. Let cook for 3–4 minutes, until the turkey is warmed through and the sauce is bubbling.
4. To serve, spoon the filling into tortillas and garnish with cilantro and serve over rice with shredded cheese and sour cream, if desired.

Chicken Fajita Instant Pot Dinner



Prep Time: 10 minutes



Cook Time: 22 minutes



Serves: 5

INGREDIENTS

For the Rice:

- 2 tablespoons butter or extra-virgin olive oil
- ½ red onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1½ cups white rice, rinsed
- 1½ cups chicken broth
- ½ teaspoon coarse sea salt

For the Chicken:

- 1½ pounds chicken breast tenders
- 2 tablespoons lime juice (about 1 lime)
- 1 tablespoon coconut aminos
- 1 teaspoon coarse sea salt
- 1½ teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- ¼ teaspoon ground black pepper

For the Serving:

- 2 tablespoons lime juice (about 1 lime)
- Fresh chopped cilantro

INSTRUCTIONS

1. Set the Instant Pot to 'sauté' mode, then add the olive oil to the pot. Once hot, add the onion, garlic, and bell pepper. Cook for 3–4 minutes, until the onion and bell pepper are slightly browned.
2. While the onion and pepper cook, add the chicken breast tenders to a bowl along with the lime juice, coconut aminos, and spices and toss to combine, then set aside.
3. Add the rinsed white rice to the Instant Pot along with the chicken broth, lime juice, and salt, and whisk to combine. Then, add the chicken to the pot.
4. Place the lid on the Instant Pot and ensure that the pressure release valve is set to 'sealed,' then set it to cook for 12 minutes on the manual setting.
5. Once the timer goes off, let the pressure naturally release for 10 minutes, then turn the pressure release valve to 'venting.'
6. Take the lid off of the pot and remove the chicken and thinly slice it. Stir the lime juice into rice and taste, adding salt if needed. Return the sliced chicken to the pot, garnish with cilantro, and serve!

**COOK
—
ONCE**




RECIPE

Chicken Fajita Instant Pot Dinner



Additional Recipes

Chorizo and Potato Sheet Pan Dinner

 Prep Time: 20 minutes  Cook Time: 45 minutes  Serves: 8

INGREDIENTS

- 2 red bell peppers, de-seeded and cut into ½-inch pieces
- 2 pounds potatoes, cut into ½-inch pieces
- 2 tablespoons avocado or olive oil
- 1 teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- 2 pounds ground chorizo, pinched into bite-sized chunks*
- 1 avocado, sliced, for garnish
- 1 lime, sliced, for garnish
- 2 tablespoons fresh chopped cilantro, for garnish

INSTRUCTIONS

1. Preheat the oven to 350°F. Toss the bell peppers and potatoes in the avocado oil until evenly coated. Spread them out on a rimmed baking sheet in an even layer (divide between two sheets if too crowded). Sprinkle the top with the salt and pepper. Nestle the pieces of chorizo evenly among the peppers and potatoes. Bake at 350°F for 45 minutes, or until the potatoes look cooked through, but not burnt.
2. Squeeze the lime juice over the entire sheet pan then garnish with the avocado, jalapeño, and cilantro. Enjoy!

**Note: if you aren't a fan of spicy food, you can substitute regular breakfast sausage for the chorizo!*

Classic Tuna Salad



Prep Time: 20 minutes



Serves: 4

INGREDIENTS

- 4 (5-ounce) cans solid white albacore tuna, packed in water
- ¼ cup avocado oil mayo
- ¼ cup Dijon mustard
- ¼ cup dill relish
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- 1 teaspoon coarse sea salt
- ½ teaspoon ground black pepper
- 8 Gluten-free bread or mixed greens for serving, depending on preference

INSTRUCTIONS

1. Place the tuna in a small mixing bowl and break it up with a fork, then add the mayo, mustard, relish, and seasonings and mix to combine.
2. Store the salad in the refrigerator for later use or enjoy immediately on a slice of toasted bread or over mixed greens.

Pesto Hummus



Prep Time: 15 minutes



Serves: 8

INGREDIENTS

- 15 ounces canned chickpeas, rinsed
- 1/3 cup tahini
- ¼ cup pesto, store-bought or homemade
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice (about 1 lemon)
- 1 teaspoon coarse sea salt
- ¼ teaspoon fresh cracked black pepper
- 2–3 tablespoons water
- Carrot sticks, celery, bell pepper slices, or other veggies of choice, for serving

INSTRUCTIONS

Add all ingredients, other than water, to a food processor and blend until smooth. Then, add the water 1 tablespoon at a time until desired consistency is achieved. Transfer to an airtight container and store in the refrigerator for up to one week.

Chocolate Dipped Apricot Bites



Prep Time: 15 minutes



Serves: 12

INGREDIENTS

- 16 ounces dried apricots
- 2 cups dark chocolate chips
- Coarse sea salt

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. Melt the dark chocolate using one of the methods below:
 - a. Double-boiler method: place the chocolate in a medium-sized glass bowl that can rest on top of a pot without falling in. Fill the pot with a couple inches of water, place the bowl of chocolate over top, and bring the water to a boil. Use a spatula to constantly stir the chocolate until it's melted and smooth.
 - b. Microwave method: place the chocolate in a medium-sized glass bowl and microwave it in 20-second increments, stirring well between each spell, until it's melted and smooth.
3. Dip the apricots halfway into the dark chocolate, then place on the parchment paper and sprinkle with sea salt. Let sit for 30 minutes, or until chocolate has hardened, then store in the refrigerator.

Basic Cauliflower Rice



Prep Time: 5 minutes



Cook Time: 10-15 minutes, depending on method



Serves: 4

INGREDIENTS

- 1 large head cauliflower (about 3 pounds), or 18 ounces frozen riced cauliflower
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. If using frozen riced cauliflower, skip ahead to Step 2. To “rice” cauliflower, cut the florets from the stem. Either grate it by hand using the largest holes on a box grater or affix the grating attachment to a food processor and pulse until a rice-like texture is achieved. One large head of cauliflower should give you about 4 cups of “rice.”
2. Steam the cauliflower rice using one of the following two methods:
 - a. Microwave Option: Place the riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until the cauliflower rice is tender. Let cool slightly, then drain. Add the olive oil, salt, and toss to combine.
 - b. Stovetop Option: In a large skillet or sauté pan with a tight-fitting lid, heat the olive oil over medium heat, then add the riced cauliflower and salt. Stir to coat the rice in the oil, then cover, reduce the heat to medium-low, and steam for 12 to 15 minutes, until the cauliflower rice is tender.

Shopping List

DINNERS

These are the ingredients for the 4 dinners for the week. If you'd like to add on any of the breakfasts, lunches, snacks, or desserts, simply add those ingredients to your list as needed. If you'd like to make all of the meals included in the 5-day meal plan, refer to these shopping lists for a [family of 2](#) and a [family of 4](#).

PRODUCE

- ☐ Broccoli, 2 crowns
- ☐ Cilantro, ½ bunch
- ☐ Garlic, 4 cloves
- ☐ Green onions, 1 bunch
- ☐ Limes, 3
- ☐ Red bell peppers, 3
- ☐ Red onion, 1
- ☐ White onion, 1
- ☐ Yellow onion, 1
- ☐ Zucchini, 3

MEAT/DAIRY

- ☐ Chicken breast tenders, or boneless skinless chicken thighs, 1½ pounds
- ☐ Ground turkey, 5 pounds
- ☐ Shredded Mexican blend cheese, ½ cup

FROZEN

- ☐ Frozen corn, 1 cup

SPICES

- ☐ Chili powder, 1 Tbsp + 1½ tsp
- ☐ Dried oregano, 1½ tsp
- ☐ Garlic powder, ½ tsp
- ☐ Ground cumin, 2 tsp
- ☐ Ground ginger, ½ tsp
- ☐ Paprika, 1 tsp
- ☐ Red pepper flakes, ½ tsp
- ☐ Sesame seeds, 1 tsp

PANTRY

- ☐ Arrowroot powder, 1 tsp
- ☐ Chicken broth, 3¼ cups
- ☐ Coconut aminos, ½ cup and 2 Tbsp
- ☐ Coconut milk, full-fat, 13.5 fl ounces
- ☐ Coconut sugar, 3 Tbsp
- ☐ Extra-virgin olive oil, 3 Tbsp
- ☐ Fish sauce, ¼ tsp
- ☐ Thai green curry paste, 4 ounces
- ☐ White rice, 3½ cups
- ☐ Grain-free tortillas, 8
- ☐ Garlic powder, 1 tsp
- ☐ Rice wine vinegar, 1½ tsp
- ☐ Sesame oil, 1 tsp
- ☐ Tomato sauce, 15 ounces

Ingredient Substitutions

To make this week Dairy-Free:

- Omit the Mexican blend cheese

To make this week Grain-Free

- Substitute 2 large heads cauliflower for the white rice, omit the Instant Pot Chicken Fajita Dinner.
- Omit the corn in the ground turkey & veggie soft tacos.

Shopping List

FULL 5-DAY MEAL PLAN | FAMILY OF 2

PRODUCE

- ☐ Asparagus, 1 bunch
- ☐ Broccoli, 2 crowns
- ☐ Cilantro, ½ bunch
- ☐ Fresh berries, for pudding topping, if desired
- ☐ Garlic, 4 cloves
- ☐ Green onions, 1 bunch
- ☐ Limes, 3
- ☐ Orange bell pepper, 1
- ☐ Parsley (optional garnish)
- ☐ Red bell peppers, 3
- ☐ Red onion, 1½
- ☐ White onion, 1
- ☐ Yellow onion, 1
- ☐ Zucchini, 3

MEAT/DAIRY

- ☐ Bacon, 5 strips
- ☐ Butter, melted, ½ cup
(substitute avocado oil or ghee for dairy free)
- ☐ Capicola, 4 slices
- ☐ Cheese wraps, 2 (may substitute large collard green leaves, rinsed, stems shaved if needed)
- ☐ Chicken breast tenders, or boneless skinless chicken thighs, 1½ pounds
- ☐ Eggs, 12 large
- ☐ Goat cheese, crumbled, 1/3 cup
(omit for dairy-free)
- ☐ Ground turkey, 5 pounds
- ☐ Milk of choice, 4 cups
- ☐ Prosciutto, 2 slices
- ☐ Salami, 8 slices
- ☐ Shredded Mexican blend cheese, ½ cup
(omit for dairy-free)

FROZEN

- ☐ Frozen corn, 1 cup

PANTRY

- ☐ Arrowroot powder, 1 tsp
- ☐ Chia seeds, ½ cup
- ☐ Chicken broth, 3¼ cups
- ☐ Chex, Rice or corn, 6 cups
- ☐ Cocoa powder, 4 Tbsp
- ☐ Coconut aminos, ½ cup and 2 Tbsp
- ☐ Coconut milk, full-fat, 3, 13.5 fl ounce cans
- ☐ Coconut sugar, 3 Tbsp
- ☐ Collagen peptides, 4 scoops (optional)
- ☐ Corn or grain-free tortillas, 8
- ☐ Extra-virgin olive oil, 4 Tbsp
- ☐ Fish sauce, ¼ tsp
- ☐ Gluten-free crackers, miniature, 2 cups
- ☐ Gluten-free pretzels, 2 cups
- ☐ Gluten-free tamari or coconut aminos, 4 tsp
- ☐ Garlic powder, 1 tsp
- ☐ Mixed nuts, unsalted, 2 cups
- ☐ Pecans and pomegranate seeds, or other fruit of choice, for oats topping
- ☐ Pepperoncini, chopped, 1 Tbsp
- ☐ Pure maple syrup, 5 to 7 Tbsp,
depending on desired sweetness
- ☐ Red wine vinegar, ½ Tbsp
- ☐ Rice wine vinegar, 1½ tsp
- ☐ Rolled oats, 4 cups
- ☐ Sesame oil, 1 tsp
- ☐ Thai green curry paste, 4 ounces
- ☐ Tomato sauce, 15 ounces
- ☐ White rice, 3½ cups

SPICES

- ☐ Chili powder, 1 Tbsp + 1½ tsp
- ☐ Dried oregano, 1½ tsp
- ☐ Dried parsley, 1 tsp
- ☐ Garlic powder, 1 tsp
- ☐ Ground cumin, 2 tsp
- ☐ Ground ginger, ½ tsp
- ☐ Italian seasoning, ¼ tsp
- ☐ Onion powder, ½ tsp
- ☐ Paprika, 2 tsp
- ☐ Red pepper flakes, ½ tsp
- ☐ Sesame seeds, 1 tsp
- ☐ Vanilla extract, 3 tsp

Shopping List

FULL 5-DAY MEAL PLAN | FAMILY OF 4

PRODUCE

- ☐ Asparagus, 1 bunch
- ☐ Avocado, 1
- ☐ Broccoli, 2 crowns
- ☐ Carrot sticks, celery, bell pepper slices, or other veggies of choice
- ☐ Cilantro, 1 bunch
- ☐ Fresh berries, for pudding topping, if desired
- ☐ Garlic, 4 cloves
- ☐ Green onions, 1 bunch
- ☐ Lemon, 1
- ☐ Limes, 4
- ☐ Orange bell pepper, 1
- ☐ Parsley (optional garnish)
- ☐ Potatoes, 2 pounds
- ☐ Red bell peppers, 5
- ☐ Red onion, 2
- ☐ White onion, 1
- ☐ Yellow onion, 1
- ☐ Zucchini, 3

MEAT/DAIRY

- ☐ Bacon, 5 strips
- ☐ Butter, melted, ½ cup
(substitute avocado oil or ghee for dairy free)
- ☐ Capicola, 6 ounces
- ☐ Cheese wraps, 3 packages, or 12 slices
(may substitute 12 large collard green leaves, rinsed, stems shaved if needed)
- ☐ Chicken breast tenders, or boneless skinless chicken thighs, 1½ pounds
- ☐ Eggs, 12 large
- ☐ Goat cheese, crumbled, 1/3 cup
(omit for dairy-free)
- ☐ Ground chorizo, 2 pounds
- ☐ Ground turkey, 5 pounds
- ☐ Milk of choice, 4 cups
- ☐ Prosciutto, 6 ounces
- ☐ Salami, 12 ounces
- ☐ Shredded Mexican blend cheese, ½ cup (omit for dairy-free)

PANTRY

- ☐ Avocado oil mayo, ¼ cup
- ☐ Arrowroot powder, 1 tsp
- ☐ Chex, Rice or corn, 6 cups
- ☐ Chia seeds, ½ cup
- ☐ Chicken broth, 3¾ cups
- ☐ Chickpeas, canned, 15 ounces
- ☐ Cocoa powder, 4 Tbsp
- ☐ Coconut aminos, ½ cup and 2 Tbsp
- ☐ Coconut milk, full-fat, 3, 13.5 fl ounce cans
- ☐ Coconut sugar, 3 Tbsp
- ☐ Collagen peptides, 4 scoops (optional)
- ☐ Dark chocolate chips, 2 cups
- ☐ Dill relish, ¼ cup
- ☐ Dijon mustard, ¼ cup
- ☐ Dried apricots, 16 ounces
- ☐ Extra-virgin olive oil, 1½ cups
- ☐ Fish sauce, ¼ tsp
- ☐ Gluten-free bread, slices, 8 or mixed greens for serving, depending on preference
- ☐ Gluten-free crackers, miniature, 2 cups
- ☐ Gluten-free pretzels, 2 cups
- ☐ Gluten-free tamari or coconut aminos, 4 tsp
- ☐ Grain-free tortillas, 8
- ☐ Garlic powder, 1 tsp
- ☐ Mixed nuts, unsalted, 2 cups
- ☐ Pecans and pomegranate seeds, or other fruit of choice, for oats topping
- ☐ Pepperoncini, chopped, ¾ cup
- ☐ Pesto, store-bought or homemade, ¼ cup
- ☐ Pure maple syrup, 5 to 7 Tbsp, depending on desired sweetness
- ☐ Red wine vinegar, 6 Tbsp
- ☐ Rice wine vinegar, 1½ tsp
- ☐ Rolled oats, 4 cups
- ☐ Sesame oil, 1 tsp
- ☐ Tahini, 1/3 cup
- ☐ Thai green curry paste, 4 ounces
- ☐ Tomato sauce, 15 ounces
- ☐ White albacore tuna, solid, packed in water, cans, 4 (5-ounce)
- ☐ White rice, 3½ cups

CONTINUED →

Shopping List Cont.

FULL 5-DAY MEAL PLAN FOR A FAMILY OF 4 → 2 OF 2

SPICES

- ☐ Chili powder, 1 Tbsp + 1½ tsp
- ☐ Dried oregano, 1½ tsp
- ☐ Dried parsley, 1 tsp
- ☐ Garlic powder, 2¼ tsp
- ☐ Ground cumin, 2 tsp
- ☐ Ground ginger, ½ tsp
- ☐ Italian seasoning, 3 tsp
- ☐ Onion powder, 2 tsp
- ☐ Ground ginger, ½ tsp
- ☐ Italian seasoning, ¼ tsp
- ☐ Onion powder, ½ tsp

FROZEN

- ☐ Frozen corn, 1 cup



4-WEEK MEAL PLAN

WEEK 04

Prep Day


Bake The Spaghetti Squash

 Prep Time: 5 minutes  Cook Time: 1 hour

INSTRUCTIONS

1. Preheat the oven to 400°F.
 2. Cut 2 spaghetti squash in half lengthwise, scoop out the seeds with a spoon, and place the halves cut side up on 2 rimmed baking sheets. Bake for 45 to 60 minutes, until the strands of the squash easily pull away from the shells with a fork.
 3. Once cool enough to handle, set aside 2 squash halves, cover, and store in the refrigerator for use later in the week. Remove the squash strands from the other 2 halves with a fork and store the strands in the refrigerator for use later in the week.
-

Form the Meatballs

 Prep Time: 10 minutes


INGREDIENTS

- 1½ pounds ground beef
- 1½ teaspoons paprika
- 1 teaspoon coarse sea salt
- 1 teaspoon cumin
- ½ teaspoon ground ginger
- ¼ cup fresh chopped parsley
- 2 garlic cloves, grated

INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
2. Add the meatball ingredients to a large bowl and work the mixture with your hands until fully combined.
3. Form the meat mixture into 1-inch balls using your hands or a 1-tablespoon scoop. Place the meatballs on the lined baking sheet.
4. Cover and store in the refrigerator for use later in the week.

Cook Some of the Ground Beef

 Cook Time: 15 minutes  Yield: About 6 cups


INSTRUCTIONS

1. In a large skillet over medium heat, combine 2½ pounds of ground beef and 1 teaspoon of coarse sea salt. Cook, breaking down the meat as it browns, for 10 to 15 minutes, until fully cooked through. Remove from the heat and drain the fat.
 2. Put half of the ground beef in a container labeled “Meatlovers’ Squash” and the other half in a container labeled “Spinach Artichoke Boats.”
-

Cook and Crumble the Bacon

Cook four slices of bacon on the stove top until crisp, then store in the refrigerator for use later in the week.

Wilt Some of the Spinach

 Cook Time: 5 minutes

Add 1 teaspoon extra virgin olive oil to a skillet over medium heat. Once hot, add 6 cups (about 6 ounces) baby spinach and cook for 3–4 minutes, until wilted. Let the spinach cool, then place in a tea towel, or a thick layer of paper towels, and squeeze the excess moisture out. Store in the refrigerator for later use.

Cook the Rice

Cook 1½ cups rice according to package instructions, then store in the refrigerator for later use.

***Paleo/Grain-free rice substitute:** Make 1½ batches of Basic Cauliflower Rice (page 22), then following the storage instructions for the white rice above.

Make the Spinach Artichoke Mixture

 Prep Time: 7 minutes  Cook Time: 10 minutes

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 16 ounces frozen artichoke hearts, defrosted

INSTRUCTIONS

1. Add the olive oil to a skillet over medium heat. Once hot, add the diced onion. Cook for 3–4 minutes, until translucent, then add the garlic and cook for an additional minute, until fragrant.
2. Add the artichoke hearts to the pan and cook for 3–4 minutes, until browned, then add the spinach and cook for an additional 1–2 minutes, until wilted.
3. Squeeze the lemon juice over the mixture and stir in the salt, then store in the refrigerator.

Make the Yogurt Sauce

 Prep Time: 5 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons fresh chopped parsley
- 1 tablespoon fresh chopped mint
- 1 medium clove grated garlic
- ¼ teaspoon coarse sea salt

INSTRUCTIONS

Combine all ingredients together in a bowl and store in the refrigerator for later use.

Slice a Cucumber

Slice ½ a cucumber and store in the refrigerator for later use.

Now that you've completed prep for dinner this week, it's time to make your additional meals!

Feel free to make as few or as many of these additional meals as your family needs.

Apple Cinnamon Overnight Oats

⌚ Prep Time: 5 minutes ⌚ Cook Time: 5 minutes 🍲 Serves: 4

INGREDIENTS

- 1 large apple, peeled and diced
- 2 tablespoons coconut sugar (optional)
- 2 tablespoons water
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1/8 teaspoon cloves
- Pinch sea salt
- 2 cups oats
- 2 cups almond milk, or other milk of choice
- 1 tablespoon chia seeds

INSTRUCTIONS

1. Place the apple, coconut sugar, water, vanilla, cinnamon, nutmeg, and cloves to a small pot over medium heat. Cook for 4–5 minutes, until softened, then set aside.
2. Mix together the oats, milk, and chia seeds.
3. Divide the apple mixture evenly between 4 containers, then spoon the oats over top. Seal the containers, then refrigerate overnight and enjoy!



Blueberry Sweet Potato Breakfast Meatballs

⌚ Prep Time: 15 minutes ⌚ Cook Time: 20 minutes 🍲 Serves: 8



INGREDIENTS

- 2 pounds ground pork (may also use turkey)
- 1 large sweet potato, peeled
- 1½ cups finely chopped and de-stemmed kale (may substitute baby spinach, if desired)
- 2/3 cup blueberries
- 1 tablespoon pure maple syrup
- 1½ teaspoons coarse sea salt
- ¾ teaspoon dried thyme
- ¾ teaspoon dried sage

INSTRUCTIONS

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper, then set aside.
2. Grate the sweet potato until you have enough to equal 1½ cups, then add to a large bowl along with the ground pork, kale, blueberries, maple syrup, salt, and thyme. Work the mixture with your hands until fully combined.
3. Shape the mixture into 1-inch balls and place on the rimmed baking sheet. Bake at 400°F for 20 minutes until the meatballs are browned and the blueberries have burst.
4. Let cool slightly then store in the refrigerator for later use.

Sonoma Chicken Salad

 Prep Time: 20 minutes  Serves: 4

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1½ lbs cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- 2/3 cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Mixed greens, for serving

INSTRUCTIONS

1. Place the chicken, celery, grapes, and pecans in a large bowl.
 2. In a small bowl, whisk the mayo, poppy seeds, salt, and pepper until the mixture has a smooth, even consistency. Pour the dressing over the chicken salad ingredients and toss to combine.
 3. Store in a container in the refrigerator then spoon over mixed greens when ready to eat!
-

**COOK
ONCE**

RECIPE

Sonoma Chicken Salad



Brownie Batter Energy Balls

 Prep Time: 10 minutes  Yield: 12 Energy Balls

INGREDIENTS


- ¾ cup slivered almonds
- 8 pitted Medjool dates
- 1 cup cashew butter
- 1/3 cup collagen peptides
- ¼ cup cocoa powder
- 2–3 tablespoons water
- ½ cup mini dark chocolate chips
- ¼ teaspoon coarse sea salt

INSTRUCTIONS

1. Place the almonds in a food processor and pulse until ground to a sand-like consistency, then add the dates and continue to pulse until they are a similar consistency to the almonds.
2. Add the cashew butter, collagen peptides, and cocoa powder and blend until smooth. Add 1 tablespoon of water at a time to thin the mixture if needed.
3. Transfer mixture to a large bowl, and add in chocolate chips and salt, and stir to mix well.
4. Roll mixture into 1½-inch balls, and place on a parchment lined sheet pan, and refrigerate until firm.
5. Store in the fridge in an airtight container and enjoy!



White Chocolate Raspberry Fat Bombs

 Prep Time: 10 minutes  Yield: 24 Fat Bombs

INGREDIENTS

- 6 ounces raspberries
- 8 ounces cream cheese, softened
- 4 ounces cacao butter, melted
- 1 teaspoon vanilla extract
- 15 drops liquid stevia

INSTRUCTIONS

1. Place the raspberries in a large bowl and beat with an electric mixer until muddled.
2. Add the cream cheese, cacao butter, vanilla, and stevia and beat until smooth. Place the mixture in the refrigerator for 2–4 hours, until set.
3. Scoop the mixture into 2-inch balls, then store in the refrigerator for later use.



Dinner Recipes



Moroccan Meatball Bowls

 Prep Time: 5 minutes  Cook Time: 18 minutes  Serves: 4

INGREDIENTS

- Moroccan meatballs (from Prep Day)
- White rice (from Prep Day)
- Sliced cucumber (from Prep Day)
- 1 tomato, cut into wedges
- Green olives, 12
- Yogurt sauce (from Prep Day)
- Lemon wedges, for garnish

INSTRUCTIONS

1. Preheat the oven to 400°F, then bake the meatballs for 18 minutes, until browned and fully cooked through.
2. Reheat the rice either by placing it in a medium-sized saucepan, covered, over low heat or by microwaving it for about 2 minutes, until hot.
3. For each bowl, place the meatballs over the rice, then add the cucumber, tomato, green olives, and yogurt sauce and garnish with lemon wedges and serve!



Meatlovers Spaghetti Squash Skillet

⌚ Prep Time: 10 minutes ⌚ Cook Time: 20 minutes 🍲 Serves: 4

INGREDIENTS

- Strands from 1 spaghetti squash
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon coarse sea salt
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- Wilted spinach (from Prep Day)
- 1, 14-ounce jar pizza sauce
- 1 cup shredded Italian blend cheese (optional)
- 2 cups ground beef
- 2 ounces pepperoni
- Cooked and crumbled bacon (from Prep Day)
- Red pepper flakes, for garnish

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Add the spaghetti squash, olive oil, salt, Italian seasoning, garlic powder, pepper, and spinach to a large skillet or 2-quart casserole dish and mix to combine.
3. Spread the pizza sauce over the spaghetti squash, then layer on the cheese, ground beef, pepperoni, and bacon.
4. Bake at 350°F for 20 minutes, until the pepperoni is browned and the casserole is warmed through. Garnish with red pepper flakes and serve!

A close-up, high-angle shot of a black skillet filled with a hearty meal. The dish consists of spaghetti squash strands, browned ground meat, and numerous slices of pepperoni. The skillet is resting on a white marble surface with grey veining. A white cloth with a dark pattern is visible in the bottom left corner.

**COOK
ONCE**

RECIPE

**Meatlovers Spaghetti
Squash Skillet**



Spinach Artichoke Spaghetti Squash Boats

🕒 Prep Time: 10 minutes 🕒 Cook Time: 20 minutes 🍽️ Serves: 4

INGREDIENTS

- 2 spaghetti squash halves (from Prep Day)
- 4 cups cooked ground beef (from Prep Day)
- Spinach & artichoke mixture (from Prep Day)
- ½ cup avocado oil mayo, store bought or homemade
- 2 tablespoons lemon juice (about 1 lemon)
- 1 tablespoon Italian seasoning
- 1 teaspoon coarse sea salt
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes (optional)
- 1 cup shredded Parmesan cheese (optional)
- Fresh chopped parsley, for garnish

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Use a fork to scrape the spaghetti squash strands from the shells, reserving the shells. In a large bowl, toss the squash strands with the spinach artichoke mixture, mayo, salt, ground beef, and pepper.
3. Scoop the mixture back into the two squash shells, then top with the Parmesan cheese. Bake for 20 minutes, until fully heated through, then garnish with parsley and serve.

Teriyaki Shrimp Stir Fry

 Prep Time: 10 minutes  Cook Time: 17 minutes  Serves: 5

INGREDIENTS

For the Teriyaki Sauce:

- 18-ounce bottle coconut aminos
- 1 tablespoon rice wine vinegar
- 2 teaspoons sesame oil
- ½ teaspoon fish sauce

For the Stir Fry:

- 2 tablespoons ghee or avocado oil, divided
- 1½ pounds shrimp, peeled and de-veined
- ½ teaspoon coarse sea salt
- 1 head broccoli, cut into florets
- 1 cup snap peas
- 1 red bell pepper, cut into thin strips
- 3 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- ¼ teaspoon red pepper flakes
- White rice, for serving
- Sesame seeds, for garnish

INSTRUCTIONS

1. Add the coconut aminos to a small skillet over medium heat. Simmer for 10 to 15 minutes, until it thickens enough to coat the back of a spoon. Remove the pan from heat then whisk in the vinegar, sesame oil, and fish sauce and set aside.
2. While the teriyaki sauce is cooking, season the shrimp with salt add 1 tablespoon ghee to a large skillet over medium heat. Once hot, add the shrimp to the skillet and cook for 4–5 minutes, turning halfway through, until pink and fully cooked through, then remove from the skillet and set aside.
3. Add the remaining tablespoon ghee to the skillet along with the broccoli, snap peas, and bell pepper. Cook for 6–7 minutes, until vegetables are soft, then add the ginger and garlic to the pan and cook for an additional minute, until fragrant.
4. Return the shrimp to the pan with the vegetables, then add the red pepper flakes and pour the teriyaki sauce over top. Stir to combine, then cook for one minute, until the sauce is bubbling.
5. Garnish with sesame seeds and serve over white rice.

COOK
ONCE



RECIPE

Teriyaki Shrimp Stir Fry

Additional Recipes

Blueberry Cherry Smoothie Packs



INGREDIENTS

- 4 cups frozen blueberries
- 2 cups frozen cherries
- 1 (13.5-ounce) can full-fat coconut milk, frozen into cubes
- 4 scoops unflavored protein powder
- 1 to 1½ cups water or non-dairy milk of choice

INSTRUCTIONS

1. Place 1 cup frozen blueberries, ½ cup pitted cherries, 4 coconut milk ice cubes, 1 scoop protein powder in a freezer bag.
 2. To make a smoothie, blend all of the ingredients in the smoothie pack on high with the water or milk, starting with 1 cup and adding up to ½ cup more until the smoothie reaches your desired consistency.
-

Turkey Avocado Wraps

 Prep Time: 10 minutes  Yield: 1 wrap

INGREDIENTS

- 1 tortilla or grain-free wrap, we chose Siete Cassava flour tortillas
- 2 teaspoons avocado oil mayo
- 1 romaine lettuce leaf
- 2 slices of tomato
- 3–4 ounces sliced turkey
- 1 slice bacon, cooked
- ¼ avocado, sliced
- Cracked black pepper, for garnish

INSTRUCTIONS

Warm your tortilla or wrap according to package instructions, then place the lettuce on the wrap, smear the mayo on the lettuce (if you're making these to eat later this will keep the tortilla from getting soggy and breaking), then top with the turkey, bacon, avocado, tomato, and season with black pepper. Either eat immediately or refrigerate to eat later!

Spicy Roasted Cashews

 Prep Time: 5 minutes  Cook Time: 9 minutes  Serves: 10

INGREDIENTS

- 2 pounds raw cashews
- ¼ cup extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon coarse sea salt
- 2 teaspoons hot paprika
- 2 teaspoons cracked black pepper

INSTRUCTIONS

1. Preheat your oven to 400°F.
2. Line a rimmed baking sheet with parchment paper.
3. Spread the raw cashews out over the baking sheet, making sure that they aren't overlapping.
4. Bake for approximately 7–9 minutes or until they're slightly golden brown.
5. In a small saucepan over low heat, combine the olive oil, rosemary, paprika, salt, and pepper.
6. When the cashews are finished in the oven, transfer them to a large bowl, pour in the seasoned olive oil and stir until all the nuts are evenly coated.
7. Store in an airtight container for later use.

Dark Chocolate Almond Butter Dates

 Prep Time: 15 minutes  Yield: 24 dates




INGREDIENTS

- 24 dates
- ½ cup almond butter
- 5 ounces dark chocolate or dark chocolate chips, melted (about ¾ cup)
- Coarse sea salt, to taste

INSTRUCTIONS

1. Line a cookie sheet with parchment paper then set aside.
2. If your dates aren't pitted, remove the pit from each date, then stuff with about 2 teaspoons almond butter. Dip each stuffed date halfway into the chocolate, then place on the parchment paper and sprinkle with sea salt. Repeat for each date.
3. Once finished, refrigerate for one hour, or until the chocolate is set. Enjoy immediately or store in the refrigerator to eat later!

Basic Cauliflower Rice

 Prep Time: 5 minutes  Cook Time: 10-15 minutes, depending on method  Serves: 4

INGREDIENTS

- 1 large head cauliflower (about 3 pounds), or 18 ounces frozen riced cauliflower
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse sea salt

INSTRUCTIONS

1. If using frozen riced cauliflower, skip ahead to Step 2. To “rice” cauliflower, cut the florets from the stem. Either grate it by hand using the largest holes on a box grater or affix the grating attachment to a food processor and pulse until a rice-like texture is achieved. One large head of cauliflower should give you about 4 cups of “rice.”
2. Steam the cauliflower rice using one of the following two methods:
 - a. Microwave Option: Place the riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until the cauliflower rice is tender. Let cool slightly, then drain. Add the olive oil, salt, and toss to combine.
 - b. Stovetop Option: In a large skillet or sauté pan with a tight-fitting lid, heat the olive oil over medium heat, then add the riced cauliflower and salt. Stir to coat the rice in the oil, then cover, reduce the heat to medium-low, and steam for 12 to 15 minutes, until the cauliflower rice is tender.

Shopping List

DINNERS

These are the ingredients for the 4 dinners for the week. If you'd like to add on any of the breakfasts, lunches, snacks, or desserts, simply add those ingredients to your list as needed. If you'd like to make all of the meals included in the 5-day meal plan, refer to these shopping lists for a [family of 2](#) and a [family of 4](#).

PRODUCE

- ☐ Baby spinach, 16 ounces
- ☐ Broccoli, 1 head
- ☐ Cucumber, ½
- ☐ Garlic cloves, 8
- ☐ Ginger, fresh, 1-inch
- ☐ Greens, mixed, 4 cups (optional)
- ☐ Lemons, 4
- ☐ Mint, fresh, 1 tablespoon
- ☐ Onion, yellow, 1 small
- ☐ Parsley, flat leaf, ½ bunch
- ☐ Red bell pepper, 1
- ☐ Snap peas, 1 cup
- ☐ Spaghetti squash, medium, 2

MEAT/DAIRY

- ☐ Bacon, 4 slices
- ☐ Greek yogurt, plain, 1 cup
- ☐ Ground beef, 4 pounds
- ☐ Italian cheese blend, shredded, 1 cup
- ☐ Pepperoni, 2 ounces
- ☐ Parmesan cheese, shredded, 1 cup
- ☐ Shrimp, 1½ pounds

FROZEN

- ☐ Artichoke hearts, 16 ounces

PANTRY

- ☐ Avocado oil, 2 Tbsp
- ☐ Avocado oil mayo, ½ cup
- ☐ Coconut aminos, 8 ounces
- ☐ Extra-virgin olive oil, ¼ cup
- ☐ Fish sauce, ½ tsp
- ☐ Pizza sauce, 14 ounces
- ☐ Rice wine vinegar, 1 Tbsp
- ☐ Sesame oil, 2 tsp
- ☐ White rice, 1½ cups

SPICES

- ☐ Cumin, 1 tsp
- ☐ Garlic powder, 1 tsp
- ☐ Ginger, ground, ½ tsp
- ☐ Italian seasoning, 1 Tbsp plus 1 tsp
- ☐ Paprika, 1½ tsp
- ☐ Red pepper flakes, ½ tsp

Ingredient Substitutions

To make this week Dairy-Free:

- Substitute non-dairy yogurt for the Greek yogurt
- Omit the Italian cheese
- Omit the Parmesan cheese

To make this week Grain-Free

- Substitute 2 medium heads cauliflower for the white rice

Shopping List

FULL 5-DAY MEAL PLAN | FAMILY OF 2

PRODUCE

- ☐ Apple, medium, 1
- ☐ Baby spinach, 16 ounces
- ☐ Blueberries, 2/3 cup
- ☐ Broccoli, 1 head
- ☐ Celery, 6 stalks
- ☐ Cucumber, ½
- ☐ Garlic cloves, 8
- ☐ Ginger, fresh, 1-inch
- ☐ Grapes, red, 1½ cup
- ☐ Greens, mixed, 16 ounces (optional)
- ☐ Kale, Lacinato or curly, ½ bunch
- ☐ Lemons, 4
- ☐ Mint, fresh, 1 Tbsp
- ☐ Onion, yellow, 1 small
- ☐ Parsley, flat leaf, ½ bunch
- ☐ Raspberries, 1 pint
- ☐ Red bell pepper, 1
- ☐ Snap peas, 1 cup
- ☐ Spaghetti squash, medium
- ☐ 2 Sweet potato, large, 1

MEAT/DAIRY

- ☐ Bacon, 4 slices
- ☐ Chicken, 12 cups cooked, or 4½ pounds boneless, skinless chicken breast
- ☐ Cream cheese, 8 ounces
- ☐ Greek yogurt, plain, 1 cup
- ☐ Ground beef, 4 pounds
- ☐ Italian cheese blend, shredded, 1 cup
- ☐ Milk, almond milk, or other milk of choice, 2 C
- ☐ Pepperoni, 2 ounces
- ☐ Parmesan cheese, shredded, 1 cup
- ☐ Shrimp, 1½ pounds

FROZEN

- ☐ Artichoke hearts, 16 ounces
- ☐ Blueberries, 4 cups
- ☐ Cherries, 2 cups

PANTRY

- ☐ Almonds, slivered, ¾ cup
- ☐ Avocado oil, 2 Tbsp
- ☐ Avocado oil mayo, 1¼ cups
- ☐ Cacao butter, 4 ounces
- ☐ Cashew butter, 1 cup
- ☐ Chia seeds, 1 Tbsp
- ☐ Cocoa powder, ¼ cup
- ☐ Coconut aminos, 8 ounces
- ☐ Coconut milk, full-fat, 1 13.5-ounce can
- ☐ Coconut sugar, 2 Tbsp
- ☐ Collagen peptides, 1/3 cup
- ☐ Dark chocolate chips, mini, ½ cup
- ☐ Dates, 8
- ☐ Extra-virgin olive oil, ¼ cup
- ☐ Fish sauce, ½ tsp
- ☐ Ground pork, 2 pounds
- ☐ Maple syrup, 1 Tbsp
- ☐ Mustard, Dijon, ¼ cup
- ☐ Oats, rolled, 2 cups
- ☐ Pecans, ½ cup
- ☐ Pizza sauce, 14 ounces
- ☐ Protein powder, unflavored, 4 scoops
- ☐ Rice wine vinegar, 1 Tbsp
- ☐ Sesame oil, 2 tsp
- ☐ Stevia, liquid, 15 drops
- ☐ Vanilla extract, 2 tsp
- ☐ White rice, 1½ cups

SPICES

- ☐ Cinnamon, 1 tsp
- ☐ Cloves, 1/8 tsp
- ☐ Cumin, 1 tsp
- ☐ Dill, 1 tsp
- ☐ Garlic powder, 1 tsp
- ☐ Ginger, ground, ½ tsp
- ☐ Italian seasoning, 1 tablespoon plus 1 tsp
- ☐ Nutmeg, ¼ tsp
- ☐ Paprika, 1½ tsp
- ☐ Poppy seeds, 1 tsp
- ☐ Red pepper flakes, ½ tsp
- ☐ Sage, dried, ¾ tsp
- ☐ Thyme, dried, ¾ tsp

Shopping List

FULL 5-DAY MEAL PLAN | FAMILY OF 4

PRODUCE

- ☐ Apple, medium, 1
- ☐ Avocados, 2
- ☐ Baby spinach, 16 ounces
- ☐ Blueberries, 2/3 cup
- ☐ Broccoli, 1 head
- ☐ Celery, 2 stalks
- ☐ Cucumber, 1/2
- ☐ Garlic cloves, 8
- ☐ Ginger, fresh, 1-inch
- ☐ Grapes, red, 1/2 cup
- ☐ Kale, Lacinato or curly, 1/2 bunch
- ☐ Lemons, 4
- ☐ Mint, fresh, 1 Tbsp
- ☐ Onion, yellow, 1 small
- ☐ Parsley, flat leaf, 1/2 bunch
- ☐ Raspberries, 1 pint
- ☐ Red bell pepper, 1
- ☐ Romaine lettuce, 8 leaves
- ☐ Rosemary, 1 Tbsp
- ☐ Snap peas, 1 cup
- ☐ Spaghetti squash, medium, 2
- ☐ Sweet potato, large, 1
- ☐ Tomatoes, 2

MEAT/DAIRY

- ☐ Bacon, 12 slices
- ☐ Chicken, 4 cups cooked, or
1 1/2 pounds boneless, skinless chicken breast
- ☐ Cream cheese, 8 ounces
- ☐ Greek yogurt, plain, 1 cup
- ☐ Ground beef, 4 pounds
- ☐ Italian cheese blend, shredded, 1 cup
- ☐ Milk, almond milk, or other milk of choice, 2 C
- ☐ Pepperoni, 2 ounces
- ☐ Parmesan cheese, shredded, 1 cup
- ☐ Shrimp, 1 1/2 pounds
- ☐ Turkey deli meat, 24 ounces

FROZEN

- ☐ Artichoke hearts, 16 ounces

PANTRY

- ☐ Almonds, slivered, 3/4 cup
- ☐ Almond butter, 1/2 cup
- ☐ Avocado oil, 2 Tbsp
- ☐ Avocado oil mayo, 3 cups
- ☐ Cacao butter, 4 ounces
- ☐ Cashews, 2 pounds
- ☐ Cashew butter, 1 cup
- ☐ Chia seeds, 1 Tbsp
- ☐ Cocoa powder, 1/4 cup
- ☐ Coconut aminos, 8 ounces
- ☐ Coconut sugar, 2 Tbsp
- ☐ Collagen peptides, 1/3 cup
- ☐ Dark chocolate chips, mini, 1 1/4 cup
- ☐ Dates, 32
- ☐ Extra-virgin olive oil, 1/2 cup
- ☐ Fish sauce, 1/2 tsp
- ☐ Ground pork, 2 pounds
- ☐ Maple syrup, 1 Tbsp
- ☐ Mustard, Dijon, 3/4 cup
- ☐ Oats, rolled, 2 cups
- ☐ Pecans, 1 1/2 cups
- ☐ Pizza sauce, 14 ounces
- ☐ Rice wine vinegar, 1 Tbsp
- ☐ Sesame oil, 2 tsp
- ☐ Stevia, liquid, 15 drops
- ☐ Vanilla extract, 2 tsp
- ☐ White rice, 1 1/2 cups

SPICES

- ☐ Cinnamon, 1 tsp
- ☐ Cloves, 1/8 tsp
- ☐ Cumin, 1 tsp
- ☐ Dill, 1 Tbsp
- ☐ Garlic powder, 1 tsp
- ☐ Ginger, ground, 1/2 tsp
- ☐ Italian seasoning, 1 Tbsp + 1 tsp
- ☐ Nutmeg, 1/4 tsp
- ☐ Paprika, 1 1/2 tsp
- ☐ Paprika, hot, 2 tsp
- ☐ Poppy seeds, 1 Tbsp
- ☐ Red pepper flakes, 1/2 tsp
- ☐ Sage, dried, 3/4 tsp
- ☐ Thyme, dried, 3/4 tsp