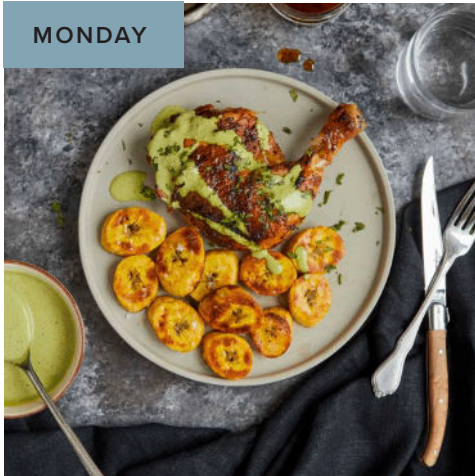


# MEAL PLAN

Below you'll find a sample schedule for this week's meals!

*number of servings: 12 total*

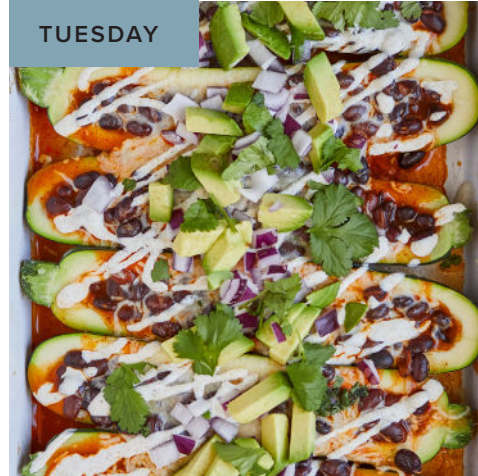


MONDAY

CHICKEN MEAL #1

Paprika Spatchcocked  
Chicken *with Green  
Sauce and Plantains*

*RECIPE PAGE 62 / SERVES 2*



TUESDAY

VEGETARIAN MEAL #1

Enchilada-Stuffed  
Zucchini Boats

*RECIPE PAGE 236 / SERVES 4*

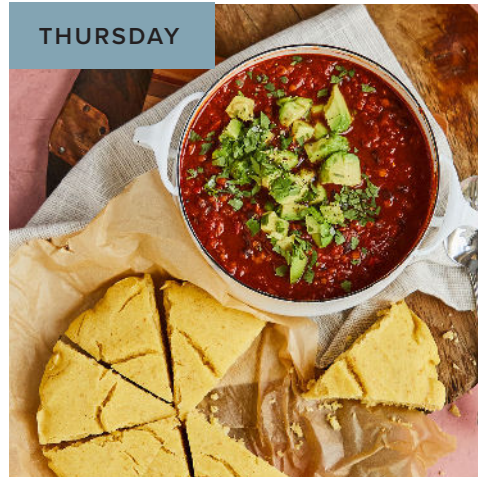


WEDNESDAY

CHICKEN MEAL #2

Stir-Fried Noodles  
*with Chicken*

*RECIPE PAGE 63 / SERVES 2-3*



THURSDAY

VEGETARIAN MEAL #2

Vegetarian Chili *with  
Vegan Cornbread*

*RECIPE PAGE 237 / SERVES 4*

# SHOPPING LIST

## FRESH PRODUCE

- Lemons, 2
- Cilantro, 1 ½ bunches
- Jalapeno, medium, 1
- Garlic, 9 cloves
- Limes, 3
- Plantains, large, ripe, 2
- Broccoli rabe, 1 bunch
- Onion, yellow, 1 ½
- Zucchini, medium, 4
- Avocados, 2

## MEAT

- Chicken, whole, 3 ½-4 pounds

## DAIRY

- Egg, 1
- Monterey Jack cheese, shredded, 4 ounces (1 cup)
- Sour cream, 4 ounces (1/2 cup)

## PANTRY

- Olive oil, extra-virgin, 6 ounces (3/4 cup)
- Mayonnaise, 4 ounces (1/2 cup)
- Noodles, egg, 8 ounces
- Coconut aminos, 8 fluid ounces (1 cup)
- Enchilada sauce, red, 8 fluid ounces (1 cup)
- Fish sauce, 1 teaspoon
- Sugar, coconut, 2 tablespoons
- Beans, black, dried, 7.4 ounces (1 ½ cups)  
may also substitute 4 (15-ounce) cans
- Coconut oil, 4 fluid ounces (1/2 cup)
- Cornmeal, 8 ounces (1 ½ cups)
- Flour, all-purpose, 4.8 ounces (1 cup)
- Sugar, white, ¼ cup
- Baking powder, 1 tablespoon
- Flaxseed, ground, 1 tablespoon
- Coconut milk, full-fat, 12 fluid ounces (1 ½ cups) may  
also substitute any other non-dairy milk
- Lentils, red, dried, 2.47 ounces (½ cup)
- Tomatoes, crushed, 1 (28-ounce) can

## SPICES

- Garlic powder, 1 tablespoon
- Cumin, ground, ¼ cup, plus 1 teaspoon
- Paprika, 1 tablespoon
- Oregano, dried, 1 tablespoon
- Bay leaf, 1
- Chili powder, mild, ¼ cup

# MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Cook the black beans for the Enchilada-Stuffed Zucchini Boats and the Vegetarian Chili. Once cooked through, transfer 2 ½ cups of the beans to an airtight container and label 'Vegetarian Chili' and refrigerate. Save the remaining beans to make the enchilada filling later in the prep day. If you're using canned black beans, skip this step.
- ✓ Prepare the Paprika Spatchcocked Chicken. Follow the instructions to spatchcock the chicken, then place the chicken on a rimmed baking sheet and rub the seasoning into the chicken. Cover with foil or plastic wrap, then refrigerate.
- ✓ Make the Green Sauce for the Paprika Spatchcocked Chicken. Store in an airtight container in the refrigerator.
- ✓ Make the sauce for the Stir-Fried Noodles with Chicken by following Step 2 of the recipe. Store in the refrigerator in an airtight container.
- ✓ Chop the broccoli rabe for the Stir-Fried Noodles with Chicken. Store in an airtight container in the refrigerator.
- ✓ Prepare the zucchini for the Enchilada-Stuffed Zucchini Boats. Store in an airtight container in the refrigerator.
- ✓ Make the filling for the Enchilada-Stuffed Zucchini Boats by mixing the black beans with the enchilada sauce. Store in an airtight container in the refrigerator.
- ✓ Chop the onion and garlic for the Vegetarian Chili and store in an airtight container in the refrigerator.