



[Mediterranean Salmon Salads](#) (Chicken Option)

Lemon Garlic Chicken Sheet Pan

Mexican Cauliflower Rice Skillet

Pesto Pasta With Chicken

BBQ Chicken Drumsticks with Sweet Potatoes

Egg Salad Sammies

[Shrimp Kebabs w/ Pineapple](#)

Chopped Greek Salad Chickpea Wraps

[Balsamic Chicken Skillet](#)

Egg Roll In A Bowl

[Lemon Basil Salmon](#)

Caprese Flatbreads

Chicken Apple Sausage w/ Sweet Potatoes and Broccoli

Garlic Butter Shrimp w/ Pasta

**MEAT \$42.39**

- \$11.88 \$5.94/lb Organic Chicken Breast (x2)
- \$5.24/lb Organic Chicken Thighs
- \$10.92 \$5.46/lb Organic Grass-fed 85/15 ground beef (x2)
- \$4.39 Organic chicken Drumsticks (3.14/lb)
- \$4.98 Aidell's Chicken and Apple Sausage

PRODUCE \$44.45

- \$2.96 Organic Cucumbers
- \$2.96 Organic Green Bell Peppers (2-pack)
- \$2.24 Organic Whole Carrots (32 ounce)
- \$3.86 Organic Yellow Onions (3 pounds)
- \$3.98 Organic Green Beans
- \$2.28 Pineapple
- \$1.38 Avocado
- \$1.94 2 lb bag Red Onions
- \$2.52 Organic Green Cabbage Head (1.26/lb.)
- \$3.46 Organic Hearts of Romaine
- \$1.98 Organic Fresh Basil
- \$1.98 Organic Fresh Parsley
- \$2.26 1 pint Organic Grape Tomatoes
- \$1.76 4 Roma Tomatoes (buy organic if available)
- \$2.84 Sweet Potatoes (3-pound bag)
- \$0.76 2 Limes
- \$2.82 2-lb bag lemons
- \$2.47 1 lb. asparagus spears

DAIRY \$12.09

- \$2.12 5 oz. Frigo Feta Cheese
- \$3.58 Organic Eggs
- \$2.37 6 oz. Great Value Organic Mexican cheese
- \$3.14 16 ounces Great Value Whole Milk Mozzarella
- \$0.88 8 oz. Great Value Sour Cream

PANTRY \$23.75

- \$3.48 Great Value Pitted Greek Kalamata Olives
- \$2.50 Barbeque Sauce (use your favorite variety, tastes vary greatly for this 😊)
- \$1.22 Great Value Organic Spaghetti (17.6 oz)
- \$1.98 Great Value Organic Marinara Sauce
- \$1.94 Great Value Organic Salsa
- \$1.29 Great Value Organic Canned Corn
- \$2.52 Barilla Pasta Traditional Basil Pesto Sauce
- \$1.28 Great Value Organic Blue Corn Tortilla Chips
- \$0.92 Great Value Organic Black Beans
- \$0.92 Great Value Organic Garbanzo Beans
- \$1.98 Thai kitchen unsweetened coconut milk
- \$3.72 Mahatma Organic Brown Rice

BREAD \$8.98

- \$3.98 Great Value Organic Thin-Sliced Bread
- \$2.50 Sam's Choice Greek Pita Whole Wheat (6-count)
- \$2.50 flatbread/ naan (4-6-count)

FROZEN \$22.86

- \$9.98 32-ounce Wild Caught Gulf Shrimp
- \$7.96 32-ounce Wild Caught Salmon Fillets
- \$0.98 Broccoli Florets (x2)
- \$0.98 Cauliflower
- \$1.98 12-ounce bag cauliflower rice

\$149.54**EXTRAS (Check your fridge/pantry)**

- Salt/pepper
- Olive oil
- Avocado oil (or high-smoke-point oil)
- Butter
- Italian Seasoning
- Oregano
- Garlic Powder
- Chili Powder
- Cumin
- Red Wine vinegar
- Balsamic vinegar
- Soy sauce/ coconut aminos
- Brown sugar
- Mayo
- Dijon Mustard



Recipes

[Mediterranean Avocado Salmon Salad \(Café Delites\)](#)

Marinade/Dressing:

3 tablespoons olive oil
 2 tablespoons lemon juice fresh squeezed
 1 tablespoon red wine vinegar (optional)
 1 tablespoon fresh chopped parsley
 2 teaspoons garlic minced
 1 teaspoon dried oregano
 1 teaspoon salt
 cracked pepper to taste

1 pound (500 g) skinless salmon fillets

Salad:

4 cups Romaine lettuce leaves, washed and dried
 1 large cucumber diced
 2 Roma tomatoes diced
 1 red onion sliced
 1 avocado sliced
 1/2 cup feta cheese crumbled
 1/3 cup pitted Kalamata olives (or black olives), sliced (optional)
 Lemon wedges to serve

Full recipe:

<https://cafedelites.com/salmon-salad/>

NOTE: If you would rather use chicken in salad, just reserve half the shredded chicken from pesto pasta recipe and only follow salad instructions.

Lemon Garlic Chicken Sheet Pan Dinner w/ zucchini, Carrots, and Onions

1 pound chicken
 1/2 pound carrots, cut into coins
 1 red onion, cut into chunks
 1 zucchini, cut into chunks
 2 T Avocado oil
 2 T lemon juice
 2 t garlic powder
 1/2 t Salt
 1/4 t Pepper

1. Preheat oven to 400 degrees.
2. Cut chicken into 4-5 equal pieces. Coat with 1 T avocado oil, lemon juice, salt, pepper, and garlic powder. Arrange on extra-large sheet pan.
3. Arrange veggies around sheet pan, drizzling with remaining avocado oil.
4. Cook about 20 minutes and check chicken for doneness. It should reach internal temperature of 165 degrees. If it needs more time, return to oven and check every five minutes until desired temperature is reached.
5. Serve immediately.



Cauliflower Rice Taco Skillet

- 1 pound organic grass-fed ground beef
- 1 10-12 ounce bag frozen cauliflower rice
- 1 15-ounce can organic black beans
- 1 cup organic corn (can use fresh if available, frozen or canned fine)
- ½ cup salsa
- ½ onion, diced
- 3 cloves garlic, minced
- 1 tsp. chili powder
- 1 tsp. cumin
- ½ tsp. salt
- 1 ½ cups cheese, shredded

1. Heat large skillet to medium/medium high temperature.
2. Add beef, breaking up large pieces and browning thoroughly.
3. Turn heat back to medium and add onions, cooking until translucent, about 2-3 minutes.
4. Add garlic, chili powder, cumin, and salt.
5. Add salsa, corn, and black beans.
6. Add cauliflower rice and cover about 4-5 minutes or until heated through.
7. Mix thoroughly and add in cheese.
8. Serve immediately.

Penne Pasta With Chicken

- 1 pound chicken, cooked and shredded
- ½ bag Great Value Organic Spaghetti (slightly more than ½ pound)
- ½ c pesto

1. Cook pasta according to package instructions, draining when finished.
2. Add pasta back into pot.
3. Add in cooked chicken.
4. Mix in pesto.

Egg Salad Sammies

- 8 hard-boiled eggs
- ¼ cup mayo
- ¼ cup sour cream or plain Greek yogurt
- 2 T Dijon mustard
- ½ t salt
- Dash of pepper
- 1 loaf bread

- 1.) Hard boil 8-10 eggs (my favorite way is the Instant Pot. High pressure at 5 minutes, natural release 5 minutes, and into ice water until cool enough to handle.)
- 2.) Mash up eggs with a fork in a large bowl.
- 3.) Add in mayo, sour cream, mustard, salt and pepper and mix thoroughly.
- 4.) Toast bread and spread to enjoy.

Serve with: Chips and salsa, raw carrot sticks



[Shrimp Kabobs With Pineapple](#) (Well Plated)

1 pound wild-caught shrimp
 1 red onion, cut into chunks
 1/2 pineapple, cut into chunks
 1 pepper, cut into chunks
 1/2 cup canned coconut milk
 1/4 c orange juice
 1/4 c lime juice
 2 tsp. soy sauce
 4 teaspoons hot sauce
 Avocado oil

Notes: Can sub any grill-friendly veggies. Serve with side of rice.

Full recipe:

<https://www.wellplated.com/coconut-pineapple-shrimp-skewers/>

Greek Salad Chickpea Wraps

2 cups cucumbers, diced
 1/2 pint cherry tomatoes, diced
 1/2 cup Kalamata olives
 1 15-ounce can Garbanzo beans
 2 T red onion, finely diced
 1 small Romaine heart head, chopped
 Olive oil
 Red wine vinegar
 Italian seasoning
 Salt
 Pepper
 Feta Cheese
 Pita Bread/ Tortillas or Wraps

1. Whisk together olive oil, red wine vinegar, Italian seasoning, salt and pepper in large bowl.
2. Add in chopped cucumbers, onion, tomatoes, olives and garbanzo beans.
3. Layer wraps with lettuce, veggie mixture and Feta cheese if desired.

BBQ Chicken Drumsticks with Sweet Potatoes

1.5 pounds drumsticks
 1/2 c bbq sauce
 1 pound sweet potatoes
 1 bag frozen broccoli
 Avocado oil
 Salt/Pepper



1. Preheat oven to 400 degrees. Line large baking sheet with aluminum foil and baking rack.
2. In large mixing bowl, pour about ½ c sauce to drumsticks. Arrange drumsticks to baking rack.
3. Wash and wrap sweet potatoes in aluminum foil. Place on baking rack.
4. Bake about 45 minutes. Check to see if chicken has reached 165 degrees (close to bone) Sweet potatoes should be easily pierced with fork.
5. Steam broccoli according to package instructions.
6. Serve with additional barbeque sauce if desired.

Bruschetta Chicken (Budget Bytes)

2 Tbsp olive oil
 2 Tbsp brown sugar
 1/4 cup balsamic vinegar
 1 Tbsp soy sauce
 2 cloves garlic, minced
 Freshly cracked pepper
 1 pound organic boneless, skinless chicken thighs
 4 oz. whole milk mozzarella
 2 Roma tomatoes
 1/4 bunch fresh parsley

Full recipe:

<https://www.budgetbytes.com/balsamic-chicken-skillet/>

Side: *Sautéed Green Beans, Steamed Cauliflower*

Egg Roll In A Bowl

1 pound ground beef
 1 onion
 1 t garlic powder
 ½ head cabbage, shredded
 Soy sauce / coconut aminos
 3-4 cups cooked rice

1. Heat large pot (that has lid or cover) on medium heat. Add ground beef and brown thoroughly, breaking up large chunks as necessary.
2. Add an onion and cook about 2-3 minutes. Add garlic.
3. Mix in about a half cup water and add cabbage. Cover and cook about 5-10 minutes, until cabbage is tender.
4. Serve over rice and top with soy sauce/ coconut aminos, if desired.



Lemon Basil Salmon

1 pound salmon, thawed if frozen
 1 pound asparagus spears, trimmed
 Juice from 1 lemon
 Handful of fresh basil
 2 T butter/Avocado oil/or olive oil
 Salt
 Pepper

Adapted for oven from this recipe:

<https://www.tasteofhome.com/recipes/lemon-basil-salmon/>

1. Preheat oven to 450 degrees.
2. Mix melted butter or oil, lemon juice, salt and pepper together and evenly coat salmon and asparagus.
3. Place each filet skin side down on a nonstick baking sheet and sprinkle with chopped basil. Arrange asparagus in single row.
4. Bake about 12-15 minutes, until fish just begins to flake easily with a fork.

Notes: Alternatively, you can grill salmon and asparagus on medium to medium high heat, in tightly wrapped foil packs. Cook about 12-15 minutes, until fish flakes easily with fork. Carefully let steam release from packages.

Caprese Flatbreads

4-6 flatbreads (naan, pita, tortillas, etc.)
 1 cup marinara sauce
 8 oz. fresh mozzarella cheese
 2 Roma tomatoes
 Balsamic glaze

1. Preheat oven to 450 degrees
2. Slice tomatoes and mozzarella into thin disks (about 1/2")
3. Spoon and spread marinara onto flatbreads.
4. Layer tomatoes and mozzarella over marinara.
5. Drizzle balsamic glaze on top.
6. Bake for about 7-8 minutes, until cheese is thoroughly melted.
7. Top with fresh basil.

Optional Side:

Cucumber, Tomato and Onion salad

2 mini organic cucumbers, diced
 1/2 pint organic cherry tomatoes, halved
 1/4 diced red onion
 2 T olive oil
 1 T red wine vinegar
 Salt and pepper to taste

1. Mix all ingredients and let sit for about 30 minutes before serving.



Chicken Apple Sausage w/ Sweet Potatoes and Broccoli

1 12 ounce package chicken apple sausage, cut in ½ inch circles
 1 pound sweet potatoes, cut into cubes
 1 bag frozen broccoli
 2 T avocado oil or other cooking oil
 ½ teaspoon sea salt

1. Preheat oven to 350 degrees
2. Arrange sausage, sweet potatoes and broccoli on extra-large sheet pan.
3. Coat sweet potatoes and broccoli in olive oil, avocado oil, coconut oil or melted ghee. Sprinkle sea salt on potatoes and broccoli.
4. Bake about 25-30 minutes, until sweet potatoes are soft and sausage reaches 165 degrees.

Garlic Butter Shrimp Pasta

1 pound shrimp, thawed if frozen
 ½ bag Great Value Organic Spaghetti
 1/3 cup butter, divided
 4 cloves garlic, minced (or 1 tablespoon)
 2 T fresh lemon juice
 2 T water, white wine or chicken stock (wine will give more traditional scampi flavor, stock is a good substitute, water will work okay to thin out sauce)
 Fresh chopped parsley, to garnish

1. Cook pasta according to package directions.
2. Heat large skillet on medium high and add ½ butter.
3. Add the garlic and cook about a minute.
4. Saute shrimp about 2 minutes per side, until they start to turn pinkish.
5. Add in additional butter, lemon juice, salt and pepper, and water, stock or wine. Cook until butter melts and remove from heat.
6. Serve over pasta, garnishing with fresh parsley if desired.

Work smarter, not harder tips:

Batch cook your rice. If you decide to use it as a side for your Pineapple Shrimp Kebabs, double the batch to use in your Egg Roll In A Bowl recipe. One cup of dry brown rice should yield about 4 cups cooked.