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Sweet & Spicy Creamy Italian Sausage Fusilli Pasta with Spinach

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Panko Crusted Sole with Tomato Basil Cream Sauce & Garlic Mashed Potatoes

Taste the Rainbow Vegetable Stir Fry

Sweet & Spicy Honey Sriracha Pulled Chicken Tacos

Garlic Ginger Turkey & Kale Bowl with Cauliflower Rice

Black Bean Churritos

Grilled Chicken with Zucchini Fritters

Paleo Egg Roll Soup



## PRODUCE (\$51.99)

3 organic sweet potatoes (\$2.70)  
 1 organic green bell pepper (\$3.49-2 pack)  
 2 organic red bell pepper (\$3.69)  
 1 sweet onion (\$0.99)  
 2 white onions (\$0.99 x 2)  
 4 heads of garlic (\$1.00)  
 1 6oz bag organic baby spinach (\$2.29)  
 1 Avocado (\$1.29)  
 4 lb. bag of organic gold potatoes (\$5.99)  
 1 bag organic broccoli florets (\$2.99)  
 ½ jalapeno or other spicy pepper (\$0.99)  
 1 bag organic romaine lettuce (\$2.29)  
 3 organic zucchini (\$3.49)  
 1 organic yellow squash (\$1.29)  
 1 head organic cauliflower (\$3.49)  
 1-pint cherry or grape tomatoes (\$3.49)  
 5 organic carrots (1 16 oz bag of organic baby carrots) (\$1.49)  
 2 bag organic coleslaw mix (\$1.99x 2)  
 ½ lemon (\$0.49)  
 1 lime (\$0.50)  
 1 package organic Tuscan kale (\$2.79)  
 4 green onions (\$1.29)

## MEAT (\$52.91)

1 package of Uncured Apple Smoked Bacon (\$4.99)  
 3 organic Italian spicy sausage links (sliced) (\$5.99)  
 1 lb. organic ground beef (\$5.99)  
 3 lbs. organic ground turkey (\$5.99 x 3)  
 3 lbs. boneless chicken breasts (\$5.99 x 3)

## PANTRY (\$9.75)

½ bag fusilli pasta (\$1.49)  
 1 can of crushed tomato (\$1.99)  
 2 can organic black beans (2 x \$0.99)  
 Trader Joe's Everything Bagel Seasoning (\$1.99)  
 1 tbsp Trader Joe's 21 Seasoning salute (\$1.99)  
 4 tbsp Trader Joe's South African Smoke Seasoning (\$2.29)  
 ½ 14.5 oz jar organic tomato sauce (\$1.49)  
 6 cups organic chicken broth (\$1.99)

## BREAD/BAKERY (\$9.86)

1 pack of Everything Ciabatta bread (\$2.49)  
 2 pack Trader Joes' hand-made tortillas (2 x \$2.29)  
 4 Trader Joe's burrito size tortillas (\$2.79)

## DAIRY/FEUX-DAIRY (\$4.48)

1 ¼ cup non-dairy (soy) creamer (\$1.49)  
 ½ cup organic sour cream (\$2.99)

## REFRIGERATED (\$11.97)

1 pack Trader Joe's organic spicy guacamole (\$3.99)  
 2 dozen organic free-range brown eggs (2 x \$3.99)

## FROZEN (\$16.45)

3 bags organic brown rice (\$3.49)  
 ¼ bag of frozen corn (\$0.99)  
 3 Dover Sole filets (\$6.99/lb.)  
 1 bag organic cauliflower rice (\$1.99)  
 1 bag organic rainbow cauliflower (\$2.99)

## PANTRY STAPLES

17 tbsp organic EVOO  
 4 tsp red pepper flake  
 4 tbsp sesame oil  
 2 ½ tsp organic ground ginger  
 ¼ cup / 1 tbsp organic light brown sugar  
 ¼ cup / 9 tbsp organic coconut aminos  
 1 tbsp Ghee  
 2 tsp cumin  
 5 tsp garlic powder  
 Hot sauce  
 ½ tsp dried thyme  
 1 ¼ tsp dried oregano  
 1 cup honey  
 ½ cup flour  
 2 cups panko  
 8 tbsp Avocado oil  
 1 tbsp rice wine vinegar  
 1 tbsp chili garlic paste  
 ¼ cup organic apple cider vinegar  
 ½ cup stone ground mustard  
 ¼ cup sriracha sauce  
 ½ cup / 1 tbsp parsley (from home garden)  
 3 tbsp organic cilantro (from home garden)

TOTAL: \$157.41



## Sweet Potato Hash (the whole smiths)

3 organic sweet potatoes (peeled and grated or diced)

6 slices of bacon (chopped into small pieces)

4 organic free-range brown eggs

2 tsp organic EVOO

1/2 organic red bell pepper (diced)

1/2 sweet onion (diced)

1 tsp cinnamon

Season with salt and pepper to taste

#momhack: If you are short on time and don't want to grate the sweet potatoes, they can be diced and started by roasted them in the oven before adding to the skillet to crisp them.

FULL RECIPE:

<https://www.thewholesmiths.com/bacon-sweet-potato-hash/>

## Sweet &amp; Spicy Creamy Italian Sausage Fusilli Pasta with Spinach

3 organic italian spicy sausage links (sliced)

½ bag fusilli pasta

½ cup white onion (diced)

1 tbsp EVOO

3 cloves of garlic (chopped)

1 can of crushed tomato

½ cup non-dairy (soy) creamer

1 6oz bag organic baby spinach

2 tsp red pepper flake

1. Cook ½ bag of the p according to package and drain.
2. While the pasta cooks, add EVOO to a hot skillet (medium heat) and add the diced onion.
3. After onions become translucent (5 minutes or so) add in the chopped garlic and sliced sausage.
4. Add in the can of tomatoes, red pepper flake, and creamer. Let simmer for 5 minutes and stir occasionally.
5. Add the drained pasta & spinach to the sauce and reduce heat to low. Continue to simmer for 3 minutes.
6. If you have any family members who are NOT dairy-free, go ahead and add a sprinkle of your favorite cheese.

## BAE Sandwich with Smashed Garlic Potatoes

1 Avocado

4 slices of bacon

4 organic free range brown eggs

1 pack of Everything Ciabatta bread

6 organic golden potatoes

4 cloves of garlic

2 tbsp EVOO

Salt and pepper to taste



1. Preheat oven to 400°F.
2. Boil potatoes in a pot of water until slightly softened (~10 min).
3. Put slices of bacon on a baking wrack over a sheet pan and bake in oven until crispy (~20 min).
4. Remove potatoes from the water and cut into 3 pieces.
5. While the bacon is cooking, use the back of a wooden smooth or potato masher and smash the potato on a baking sheet.
6. Brush the potatoes with EVOO.
7. Chop the garlic and add to the potatoes.
8. Sprinkle with salt & pepper and roast in the oven for 25 minutes.
9. Heat a skillet over medium heat and add 1 tbsp EVOO. Fry each egg to your desired cook.
10. Slice Ciabatta rolls and put in the oven for a quick toast.
11. Peel, Core and Slice the Avocado.
12. Build sandwich with the avocado, slice of bacon and top with an egg.

#### Korean Beef & Broccoli Bowls

1 lb. organic ground beef  
 ½ sweet onion (diced)  
 2 cloves of garlic (chopped)  
 1 head of broccoli (cut up into small bites)  
 1 tbsp EVOO  
 1 tbsp sesame oil  
 ½ tsp red pepper flakes  
 ½ tsp black pepper  
 ¼ tsp organic ground ginger  
 ¼ cup organic light brown sugar  
 ¼ cup organic coconut aminos  
 1 ½ cups brown rice (cooked)

1. Heat skillet over medium heat and add EVOO.
2. Add diced onions and cook until translucent (about 5 minutes)
3. Add ground beef, breaking into bits with a spoon.
4. While beef is cooking, whisk together the soy sauce, brown sugar, sesame oil, ginger, red pepper flakes and pepper.
5. Once the beef is cooked, add the sauce to the beef and toss in the chopped broccoli.
6. Reduce heat to low, cover and simmer for 5 minutes.
7. Cook 1 bag of rice in the microwave and split between bowls. Top with the Korean beef and broccoli.

#### Lazy Black Bean and Guacamole Taco Night



1 pack Trader Joe's organic spicy guacamole  
 1 organic red bell pepper (diced)  
 ¼ bag of frozen corn  
 ½ jalapeno or other spicy pepper(diced)  
 1 can organic black beans  
 1 tsp cumin  
 1 tsp garlic powder  
 1 bag organic romaine lettuce  
 1 pack Trader Joe's hand-made tortillas  
 Hot sauce

1. Add can of black beans, diced red pepper, corn, diced jalapeno, cumin and garlic powder to a saucepan over medium to low heat and cook for 10 minutes while stirring occasionally.
2. Add tortillas to a microwavable plate separated by paper towels and heat for 30 seconds.
3. Layer tortilla with, guacamole, lettuce and top with the black bean mixture and top with hot sauce if you like a little extra kick!

#### Paleo Ground Turkey Hash with Squash and Peppers (Our Salty Kitchen)

2 tbsp avocado oil  
 1 sweet onion (diced)  
 2 cloves of garlic (chopped)  
 1 lb. organic ground turkey  
 ½ tsp dried thyme  
 ¼ tsp dried oregano  
 ¼ tsp red pepper flakes  
 1 organic zucchini (diced)  
 1 organic yellow squash (diced)  
 1 organic red bell pepper (diced)  
 1 tbsp parsley  
 Salt and pepper to taste  
 4 eggs  
 \*edit: top egg with Trader Joe's Everything Bagel Seasoning for an extra pop of flavor

FULL RECIPE:

<https://oursaltykitchen/ground-turkey-hash/>

#### Grilled Honey Mustard Chicken (Adapted from Simply Scratch) with Roasted Cauliflower

1 lb organic chicken breasts (cut in 4 pieces)  
 ½ cup stone ground mustard  
 ½ cup honey  
 ½ lemon (juice)  
 2 cloves of garlic (chopped)  
 ¼ tsp red pepper flakes  
 1 head organic cauliflower  
 EVOO  
 Trader Joe's Everything Bagel Seasoning



## FULL HONEY MUSTARD CHICKEN RECIPE:

<https://www.simplyscratch.com/2010/05/grilled-honey-mustard-chicken.html?crlt.pid=camp.qu8RjcA0jUYJ>

1. Preheat oven to 400°F.
2. Wash and slice cauliflower head in half.
3. Remove stems and slice cauliflower into steak like slices.
4. Put on a bake sheet, drizzle with EVOO and sprinkle with TJ's Everything Bagel seasoning.
5. Roast in the oven for 30 minutes.

## Panko Crusted Sole with Tomato Basil Cream Sauce &amp; Garlic Mashed Potatoes

## Fish:

3 Dover Sole filets  
 ½ cup flour  
 2 cups panko  
 2 eggs beaten  
 1 tsp garlic powder  
 Avocado oil

## Sauce:

2 tbsp EVOO  
 4 cloves garlic (chopped)  
 1-pint cherry or grape tomatoes (cut in half)  
 ½ cup soy creamer  
 4 large basil leaves

## Potatoes:

4 golden organic potatoes  
 ¼ cup soy creamer  
 1 tbsp Ghee  
 2 tsp Garlic powder  
 Salt and pepper to taste

- 1) Boil potatoes in a pot of water until completely soft.
- 2) While potatoes are boiling, heat skillet over medium heat and add 2 tbsp EVOO.
- 3) Add chopped garlic and sauté for 1 minute.
- 4) Add cherry/grape tomatoes and cook for 2-3 minutes.
- 5) Turn burner to low heat and add the cream. Simmer for 10 minutes.
- 6) Heat another skillet over medium heat and coat the bottom with avocado oil.
- 7) Pat the Sole filets dry.
- 8) Add the garlic powder to the panko crumbs.
- 9) Dredge sole filets in flour, dip in the egg and coat with panko mixture.
- 10) Add breaded sole filets to the hot oil and cook 4 minutes per side.
- 11) Drain potatoes and mash (add almond milk, butter, garlic powder, salt and pepper.)
- 12) Drain oil from cooked fish by placing on a paper towel.
- 13) Chop basil and add it to the sauce.
- 14) Top each cooked filet with the tomato basil cream sauce.



## Taste the Rainbow Vegetable Stir Fry

1 organic green pepper (sliced)  
 1/2 organic red pepper (sliced)  
 1 head organic broccoli (cut in small pieces)  
 1 bag organic rainbow cauliflower (cut in small pieces)  
 3 organic carrots (peeled and sliced)  
 1 bag organic coleslaw mix  
 2 tbsp EVOO  
 5 tbsp organic coconut aminos  
 1 tbsp rice wine vinegar  
 1 tbsp organic brown sugar  
 2 cloves of garlic (chopped)  
 1 tbsp sesame oil  
 ¼ tsp ginger powder  
 1 tbsp chili garlic paste  
 1 bag of organic brown rice

- 1) Heat large skillet over medium heat and add EVOO. Add vegetables and stir often. Cooking for about 15 minutes.
- 2) Whisk together coconut aminos, rice wine vinegar, garlic, sesame oil, ginger powder, brown sugar, and chili garlic paste.
- 3) Add sauce to the vegetables and simmer for 3 minutes.
- 4) Steam 1 bag of organic brown rice in microwave. Divide up the cooked brown rice and top with stir fry.

## Sweet &amp; Spicy Honey Sriracha Pulled Chicken Tacos

1 lb. organic chicken breasts  
 2 tsp chili powder  
 1 tsp cumin  
 1 tsp black pepper  
 1 tsp salt  
 ½ 14.5 oz jar organic tomato sauce  
 ¼ cup organic apple cider vinegar  
 2 cloves of garlic (chopped)  
 ¼ cup organic honey  
 ¼ sriracha sauce  
 1 lime  
 ½ cup organic sour cream  
 2 tbsp organic cilantro (chopped)  
 Soft fajita size tortillas

1. Combine spices and rub on chicken breasts.
2. Add tomato sauce, apple cider vinegar, garlic, honey and sriracha to crock pot and stir to combine.
3. Add chicken,
4. Cover and cook on low for 4-5 hours or high for 1-2 hours.



5. Prepare cilantro lime sour cream by combining sour cream, chopped cilantro and juice from ½ a lime.
6. Once chicken is ready, shred by using two forks.
7. Add chicken to tacos and top with cilantro lime sour cream or any other topping you would like.

\*Note- you can reduce the amount of sriracha for cooking if your kids don't like spicy food. We will sometimes mix equal part honey & sriracha with a splash of lime juice to drizzle extra over our tacos.

#### Garlic Ginger Turkey & Kale Bowl with Cauliflower Rice (Adapted from Our Four Forks)

1 bag organic cauliflower rice  
 1 lb. organic ground turkey  
 1 package organic tuscan kale  
 3 tbsp organic EVOO  
 4 cloves of garlic (chopped)  
 3 tbsp organic coconut aminos  
 1 tsp ginger powder

1. Cook cauliflower rice according to package.
2. Heat a skillet over medium heat and add in EVOO. Add the garlic, ground turkey and ginger powder.
3. Cook meat until all pink is gone.
4. Add Kale little by little (whatever fits in your pan) until it has all cooked down and incorporated into the mixture.
5. Add in coconut aminos and cook for an additional 1 minute.
6. Add cauliflower rice to bowls and top with turkey and kale mixture.
7. We usually add a drizzle of sriracha for an extra kick and a sprinkle of sesame seeds.

ORIGINAL RECIPE: <http://ourfourforks.com/ginger-kale/>

#### Black Bean Churritos

4 Trader Joe's burrito size tortillas  
 1 can organic black beans  
 1 package frozen organic brown rice  
 1 tbsp Trader Joe's 21 Seasoning salute

#### Chimichurri sauce:

1 clove of garlic  
 ½ cup organic parsley  
 1 tbsp organic cilantro  
 1 tsp dried oregano  
 Dash salt  
 Dash red pepper flake  
 4 tbsp organic EVOO

- 1) Cook organic brown rice according to package.
- 2) Drain and rinse black beans.
- 3) Add all ingredients for the chimichurri sauce into a blender or food processor and blend until combined.





- 4) Add rice, beans, chimichurri sauce and 21 Salute seasoning to a skillet that has been warmed over medium low heat.
- 5) Heat until warm enough to serve and add to the tortilla.
- 6) Roll up and enjoy!

### Grilled Chicken with Zucchini Fritters

2 organic chicken breasts  
 4 tbsp Trader Joe's South African Smoke Seasoning  
 1 organic golden potato  
 2 large organic zucchini  
 4 green onions  
 2 organic free-range brown eggs  
 4 tbsp avocado oil  
 Salt and pepper to taste

1. Slice chicken breasts in half to create 4 equal size chicken breasts.
2. Season each side with the South African Smoke Seasoning.
3. Wash potato and zucchini and grate into a colander.
4. Toss with a dash of salt and let it sit for 20 minutes to draw out the moisture.
5. Scoop mixture into a clean dish towel and squeeze out excess moisture.
6. Slice the green onions.
7. Add the potatoes, zucchini, green onions, flour, beaten eggs and salt and pepper to a bowl and stir to combine.
8. Start chicken on the grill.
9. Heat oil in a skillet over medium heat.
10. Add a scoop of the veggie mixture to the hot oil and squish into a pancake.
11. Cook each side ~3 minutes until golden brown.
12. Serve with the grilled chicken and enjoy!

### Paleo Egg Roll Soup (Adapted from Unbound Wellness)

1 lb. organic ground turkey  
 2 tbsp sesame oil  
 1 white onion (diced)  
 1 cup organic carrots (shredded)  
 1 bag organic slaw mix  
 6 cups organic chicken broth  
 1 tbsp organic coconut aminos  
 1 tsp garlic powder  
 1 tsp ginger powder  
 Salt & pepper to taste.

1. Brown the ground turkey in a large pot over medium heat and lightly salt. Once cooked, set aside.
2. Add the sesame oil to the pot and then the diced onion. Sauté for 5 minutes or until translucent.
3. Add the carrot and sauté for a few minutes while stirring.



4. Pour in the broth, cabbage, cooked ground turkey, coconut aminos, garlic powder, and ginger powder.
5. Stir to combine and bring to a low simmer.
6. Continue simmering for 20 minutes and top with a dash of salt/pepper.

ORIGINAL RECIPE: <https://unboundwellness.com/paleo-egg-roll-soup-whole30-aip/>

