

Sunday-Shrimp fajita rice bowls

Monday-Goat cheese/apple grilled cheese/veggie chips

Tuesday-Taco Soup

Wednesday-Quick Korean Beef and Rice Bowls ([Unicorns in the Kitchen](#))

Thursday-Chicken & Arugula Salad with Goat cheese and Apples, Baked Sweet Potatoes

Friday-Salmon, sweet potatoes and asparagus

Saturday-Mushroom spinach garlic pasta

GROCERY LIST

MEAT 13.98

8.69 1.5 pounds of organic chicken (5.79/lb x 1.5)

5.29 1-pound organic, grass-fed beef

PRODUCE 21.20

2.49 5-ounce container organic spinach

2.49 5-ounce container arugula/spinach mix

3.99 3-pound bag organic apples

1.99 3-pound bag sweet potatoes

1.59 2-pound bag yellow onions

0.89 3-pack garlic

1.89 8 ounces mushrooms

3.49 2-pack organic bell peppers

1.69 asparagus

0.69 green onions

DAIRY 6.23

3.98 2 logs honey goat cheese (you may only need one, but can opt to pick up two just in case)

2.25 Mexican blend organic shredded cheese

PANTRY/INSIDE AISLES 22.20

1.09 16-ounces organic spaghetti

0.89 1 can fire-roasted tomatoes

0.89 15-ounce can organic black beans

0.89 15-ounce can organic kidney beans

1.79 32-ounce carton organic chicken broth

4.29 1 loaf organic bread

1.99 organic tortilla chips

2.79 Simply Nature exotic vegetable chips

2.59 organic white rice

4.99 pecans

FROZEN 8.98

3.99 16-ounce wild-caught salmon

4.99 12 ounces shrimp

\$72.59 (\$10.37/meal)

FROM YOUR FRIDGE/PANTRY AT HOME

Avocado oil

Butter

¼ c balsamic vinegar

2 T Dijon mustard

2 T honey

1/3 cup soy sauce

1/4 teaspoon chili pepper flakes

1 1/2 tablespoon brown sugar

3 garlic cloves minced

1 tsp grated ginger or 1/2 tsp powdered ginger

1 teaspoon corn starch

2 tsp chili powder

1.5 tsp ground cumin

2 teaspoons chili powder

1/2 teaspoon garlic powder

1/2 teaspoon dried oregano

Optional: fresh lime juice

Optional: ¼ cup dried cranberries



RECIPES**Shrimp Fajita Rice Bowls**

12 ounces shrimp, thawed
 2 organic bell peppers, cut into strips
 1 onion, sliced into strips
 3-4 cups cooked Organic rice
 1 Tablespoon avocado oil
 2 teaspoons chili powder
 1/2 teaspoon cumin
 1/2 teaspoon garlic powder
 1/2 teaspoon dried oregano
 1/4 teaspoon kosher salt
 Optional: squeeze of fresh lime juice

1. Heat oil in large skillet. Add onion and cook 2-3 minutes. Add peppers and cook additional 4-5 minutes, until slightly browned.
2. Add shrimp and spices to pan and cook until shrimp turn opaque. (about 4-5 minutes)
3. Assemble bowls.

NOTE: To save time later in the week, cook twice as much rice as you'll need and set aside the extra for the Korean beef bowls.

Goat cheese/apple grilled cheese

1 log honey goat cheese
 1-2 organic gala apples
 Handful of Arugula/ spinach mix
 Bread
 Butter
 Simply Nature Exotic veggie chips

1. Cut apple into large, thin slices.
2. Heat skillet over medium heat. Slather butter on each slice of bread.
3. Spread goat cheese on one slice of bread and put it buttered side down on skillet.
4. Layer on apple and arugula (about 4-5 pieces)
5. Cover with second piece of bread.
6. Heat until it reaches desired level of brownness on bottom side, flip and heat another minute or two.
7. Serve with veggie chips and or/ additional apple slices.

Taco Soup

2-3 cups cooked and shredded organic chicken (about ¾ pound)
 1 onion, diced
 4-5 cloves garlic, diced
 1 can black beans
 1 can kidney beans
 1 32-ounce carton chicken broth
 1 15-ounce can fire-roasted tomatoes
 2 tsp chili powder
 1 tsp ground cumin



1. In large stockpot, heat about a tablespoon of oil. Add onion and sauté about 3-4 minutes. Add garlic and spices and heat about a minute.
2. Add tomatoes, beans, stock and shredded chicken.
3. Bring to a light boil and reduce heat to a simmer.
4. Cook on low for about 20 minutes.
5. Serve with cheese and tortilla chips.

NOTE: To save time, cook and shred all the chicken you'll need for this recipe and chicken salads later in the week. My favorite way to do this is in the Instant Pot. Add a cup of water and place chicken on trivet. Cook on high pressure 6 minutes, naturally release 5 minutes, and quick release after that. Use a handheld mixer to shred in seconds!

Quick Korean Beef and Rice Bowls (Unicorns in the Kitchen)

1/3 cup soy sauce
 1/4 teaspoon chili pepper flakes
 1 1/2 tablespoon brown sugar
 3 garlic cloves minced
 1 teaspoon freshly grated ginger or 1/2 teaspoon powdered ginger
 1 teaspoon corn starch
 2 tablespoons avocado oil
 1 lb organic ground beef
 4 cups cooked rice
 3 green onions chopped
 1 tablespoon sesame seeds

FULL RECIPE: <https://www.unicornsinthekitchen.com/quick-korean-beef/>

NOTE: If you want to save time for this dish, be sure to cook extra rice (you'll need 3-4 cups cooked) when you make your shrimp fajita bowl recipe.

Chicken Arugula Salad with Baked Sweet Potatoes

1 chicken breast, cooked and shredded (about 3/4 pound or 2-3 cups)
 5-ounce container of organic arugula/spinach (minus what you used for the grilled cheese sandwiches)
 2 apples, diced
 1 log goat cheese, crumbled
 1/3 cup chopped pecans
 Optional: 1/4 cup dried cranberries (not on shopping list)
 1-pound sweet potatoes, washed and wrapped in foil

DRESSING:

1/2 cup avocado oil
 1/4 c balsamic vinegar
 2 T Dijon mustard
 2 T honey
 Pinch of garlic powder
 Pinch of salt

1. Preheat oven to 400 degrees. Once preheated, add sweet potatoes and bake about 25-35 minutes, depending on size. You should be able to pierce them easily with a fork when they're done.
2. While sweet potatoes are baking, assemble salads.
3. If you're making your own dressing, grab a mason jar, add all ingredients, and pulse a couple times with an immersion blender or put a lid on it and shake vigorously until blended.



Pecan-crusted Salmon, sweet potatoes and asparagus

1-pound wild-caught salmon, thawed
 1 pound asparagus, trimmed
 1 pound sweet potatoes, cut into small cubes
 1-2 T Avocado oil
 Sea salt
 $\frac{3}{4}$ cup pecans
 $\frac{1}{4}$ cup Breadcrumbs
 3T butter
 1T brown sugar

1. Preheat oven to 400 degrees.
2. Coat sweet potatoes with about a tablespoon of avocado oil and a sprinkle of sea salt. Spread out cubed sweet potatoes and bake for about 20 minutes.
3. Chop $\frac{3}{4}$ cup of pecans and mix with $\frac{1}{4}$ cup breadcrumbs. Add 3T melted butter, a pinch of salt and pepper and 1T brown sugar. Place topping on each piece of fish and pat down.
4. Remove sweet potatoes and scooch them to one side. Add salmon to the other end. Scoop topping on fish fillets.
5. Add asparagus to pan and drizzle with about a teaspoon of oil and a sprinkle of sea salt.
6. Return to oven and bake for about 18-20 minutes, until fish is cooked through and flakes easily with a fork.

Mushroom spinach garlic pasta

1 8-ounce container mushrooms
 3-4 cups organic spinach
 1 onion, diced
 5-6 cloves garlic, minced
 1-pound organic spaghetti
 2 T olive oil
 2 T butter
 Salt and pepper

1. Cook pasta according to instructions on box.
2. While pasta is cooking, heat a tablespoon of oil in a medium skillet. Add onion and cook about 4-5 minutes. Add in mushrooms and cook another 3-4 minutes. Add garlic and heat through about a minute.
3. Add drained pasta, other tablespoon of olive oil, and butter to skillet and toss. Next, stir in spinach and toss until wilted.
4. Sprinkle with salt and pepper and serve immediately.

