

Sunday- Beef and Broccoli slaw stir fry

Monday- Chickpea Curry

Tuesday- Cheesy Chicken, Broccoli, & Cauliflower Rice Skillet

Wednesday-Salmon, Sweet Potatoes, Green Beans

Thursday -Ground Turkey Lettuce Wraps

Friday- GF Chicken Tenders and sweet potato wedges

Saturday-[Cabbage Roll Soup](#)

SHOPPING LIST:

MEAT \$21.33

5.94 1 pound organic chicken breast
(5.46 x 2) 2 pounds organic, grass-fed
ground beef
4.47 1 pound natural ground turkey
(organic if available)

PRODUCE \$15.56

3.76 16 ounces organic hearts of Romaine
Lettuce
0.45 1 head garlic
0.75 2- inch knob fresh ginger
2.44 3-pound bag sweet potatoes
3.98 1 bag organic broccoli slaw
2.44 3-pound bag onions
1.16 1 bunch organic green onions
0.58 lemon

DAIRY \$2.37

2.37 6-ounce block organic sharp cheddar
cheese

PANTRY \$15.03

0.92 Water chestnuts
0.92 15-ounce cans Great Value Organic
chickpeas
1.79 1 can coconut milk
1.32 1 15-ounce can Great Value Organic
green beans
3.44 16-ounce bag organic rice (Lundberg)

1.88 32-ounce carton Great Value Organic
beef broth

1.88 32-ounce carton Great Value Organic
chicken broth

0.92 15-ounce can organic tomato sauce

0.98 14.5 ounce can organic diced
tomatoes

0.98 14.5 ounce can organic diced
tomatoes

FROZEN \$16.94

4.00 16 ounces frozen wild-caught salmon
6.98 22-ounce bag Perdue Organic Gluten-
Free Chicken Tenders
2.48 Riced cauliflower
2.48 Riced cauliflower
1.00 frozen broccoli florets

TOTAL: \$71.23

FROM YOUR PANTRY AT HOME:

Olive oil/coconut oil/avocado oil
Soy sauce/coconut aminos
2 Tablespoons curry
2 tsp cumin
Bay leaf
2 tsp garlic powder
2 tsp Italian seasoning
1-2 TBSP Worcestershire sauce
Optional-pinch of cayenne pepper and
allspice
Salt and pepper



RECIPES

Beef and Broccoli slaw stir fry

1 pound organic, grass-fed ground beef

½ bag organic broccoli slaw

1 onion

½ bunch organic green onions

Soy sauce/coconut aminos

OPTIONAL: serve with rice (on shopping list) or riced cauliflower (not on shopping list for this recipe)

1. Add beef to a large skillet on medium heat. Cook about 5-6 minutes, breaking up chunks as necessary.
2. Add onion and cook another minute or two.
3. Next, add garlic and ginger and heat about a minute.
4. Pour in slaw and cover pan. Heat about 3-4 minutes, until slaw is tender.
5. Add about a tablespoon of aminos or soy sauce.
6. Serve with a sprinkle of green onions, rice, riced cauliflower, and/or additional aminos or soy sauce.

Chickpea Curry

1 can organic chickpeas, drained and rinsed

1 can coconut milk

1 14.5 ounce can organic diced tomatoes

1 onion, diced

3 cloves garlic, minced

½ inch fresh ginger, grated

1-2 Tablespoons curry

1 tsp cumin

Pinch of allspice (optional)

Pinch of cayenne pepper (optional)

Salt to taste

1. In a large skillet or saucepan, heat oil on medium heat. Add the diced onion and sauté until about 4-5 minutes, until translucent.
2. Next, stir in garlic and ginger and cook about one minute.
3. Add in spices and mix for about a minute or two.
4. Mix in chickpeas and tomatoes and cook about 4-5 minutes.
5. Pour in coconut milk and stir until fully incorporated.
6. Let simmer for about 10 minutes.
7. Serve with rice.

NOTES: If you have garam masala, sub a teaspoon for the cumin and allspice. It's not something I keep on hand regularly, so the other spices will work as a sub.

Cheesy Chicken, Broccoli, & Cauliflower Rice Skillet

1 pound organic chicken breast, cut into small chunks

6 ounce block organic sharp cheddar cheese, grated

1 16-ounce bag frozen broccoli florets

1 onion

1 tsp garlic powder

10-ounce bag frozen riced cauliflower

½ cup chicken stock



1. In large skillet, heat about a tablespoon of oil. Add chicken and cook about 5-6 minutes, until it reaches internal temperature of 165 degrees. Remove from pan and set aside.
2. Add onion to pan and saute about 3-4 minutes.
3. Add broccoli to pan and cook another 4-5 minutes, until it's tender.
4. Pour in riced cauliflower and sprinkle on garlic powder, salt and pepper.
5. You can speed up the cooking process here by covering the pan for a few minutes.
6. The cauliflower will release water when it's cooking, but if you feel like the mixture is too dry, you can add a ½ cup of stock at this point.
7. Return chicken to pan.
8. Sprinkle on cheese and cover the pan again.
9. It's ready to serve once the cheese is nice and gooey!

NOTES: If you want to save a bit of time, there are a few shortcuts you can take. I like to use leftover shredded chicken for this dish. Anywhere from 2-4 cups will work. You can also shave a couple minutes off the cooking time by popping the bag of cauliflower rice in the microwave (making sure it's microwave-safe!) while the onion and broccoli are cooking. You can also sub in regular cooked rice (any variety).

Salmon, Sweet Potatoes, Green Beans

16 ounces frozen wild-caught salmon (thawed)
 1 pound sweet potatoes, washed and wrapped in aluminum foil
 1 15-ounce can organic green beans
 Lemon

1. Preheat oven to 400 degrees.
2. Bake sweet potatoes for about 20 minutes (if they're really thick, bake closer to 30 minutes)
3. While the potatoes are baking, add salmon to a baking dish. Drizzle with olive oil, lemon juice, and spices.
4. Keep potatoes in the oven after the initial cooking time. Add salmon and bake salmon and potatoes an additional 20 minutes, until the salmon is pink and opaque and flakes easily with a fork. You should also be able to pierce sweet potatoes easily with a fork.
5. Heat green beans in a small saucepan. (About 3-4 minutes)

Ground Turkey Lettuce Wraps

1-pound ground turkey (or chicken)
 ½ onion, diced
 4-5 cloves garlic, minced
 1-inch fresh ginger, grated
 ½ c coconut aminos/soy sauce
 2 T brown sugar (or coconut sugar)
 1 can water chestnuts, diced
 2 organic hearts of Romaine lettuce
 ½ bunch organic green onions, diced

1. Heat a tablespoon of oil in large skillet. Add ground turkey and cook about 5-6 minutes, breaking up large chunks as needed.
2. Add onion and sauté about 3-4 minutes.
3. In a small bowl, mix garlic, ginger, brown sugar, and soy sauce. Pour over turkey mixture.
4. Add diced water chestnuts and stir.
5. Sprinkle with green onions and serve over lettuce cups.



Chicken Tenders and Sweet Potato Wedges

1 bag Perdue Organic Gluten-Free Chicken Tenders

1-pound sweet potatoes

1-2 T Avocado oil

¼ tsp sea salt

1. Preheat oven to 425 degrees.
2. Cut sweet potatoes into wedges (think steak-fry style) that are about an inch thick. Arrange on a baking sheet, drizzle with avocado oil and toss to coat. Sprinkle sea salt on. Bake about 20 minutes.
3. If there's room, add chicken to the baking sheet, if not, grab another one and lay out chicken in a single layer. Bake according to package instructions.
4. The sweet potatoes will be done when they are tender and slightly browned.

Cabbage Roll Soup

1-pound organic, grass-fed beef

1 onion

½ bag broccoli slaw

1 15-ounce can tomatoes

1 15-ounce can tomato sauce

1 32-ounce carton organic beef broth

1 bay leaf

2 tsp Italian seasoning

1 tsp garlic powder

1 10-ounce bag frozen rice cauliflower

Optional: 1-2 tsp Worcestershire sauce

Salt and pepper to taste

1. Heat a large stockpot on medium. Brown the ground beef or turkey (add about a tablespoon of oil if you're using turkey).
2. Add in onion and cook about 4-5 minutes.
3. Next, add in garlic, heating about one minute.
4. Pour in stock, scraping up all the browned bits from bottom of the pot.
5. Add tomatoes, tomato sauce, Worcestershire sauce, spices, and brown sugar.
6. Pour in slaw mix and cauliflower rice. Bring pot to a low boil, then reduce heat to medium, covering pot if desired.
7. Cook until slaw is soft, about 20 minutes.
8. If it's extra thick, add a cup of water or broth to thin it out.
9. Remove bay leaf and serve immediately.

<http://www.fourganicsisters.com/stuffed-cabbage-roll-soup-w-cauliflower-rice/>

NOTE: I use broccoli slaw as a shortcut and money saver for this recipe, since you're only using half the bag for the stir fry recipe earlier in the week. Feel free to use shredded cabbage or cabbage slaw if you'd prefer that. Just be sure to add to your shopping list! 😊

