

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker  
Chicken Curry

MEAT-LESS



Lentil Bolognese

UNDER 15 MINUTES



Cauliflower Fried  
Rice

ONE PAN ONLY



Vegetable Chili

ALL AHEAD PREP



Greek Salad with  
Chickpeas

GROCERY LIST

VEGGIES/FRUITS

- 4 Yellow Onions
- 3 Carrots
- 2 Stalks Celery
- 9 Cloves Garlic
- 1 Red Onion
- 2-4 Scallion
- ½ Bell Pepper
- 1 Cup Coleslaw Mix
- 1 Cup Broccoli Slaw
- 1 Cup Edamame
- 1 Cup Sweet Potato
- 4 Carrots
- 2 Small Zucchini
- 1 Lemon (2 T Juice)
- 1 Limes
- 2/3 Cup Cherry Tomatoes
- 2/3 Cup Cucumber
- 4 Tbsp Fresh Parsley

MEAT/PROTEIN/DAIRY

- 3 Eggs
- 1 Tbsp Butter
- 4 Oz Feta Cheese - Crumbled
- 1.5 pounds Chicken Breasts

FROZEN

- 2 cups Frozen peas & carrots

OPTIONAL INGREDIENTS

- 2 ½ cups cubed zucchini
- 4 cups cauliflower
- 1 cup diced eggplant
- 2 lbs. ground meat
- 2 lbs. chicken

DRY GOODS

- 3/4 Cup Dry Green Lentils
- 1 Tbsp Maple Syrup
- 28 Oz - can Crushed Tomatoes
- 15 Oz - can Red Kidney Beans
- 15 Oz - can Black Beans
- 28 Oz - can Diced Tomatoes
- 15 Oz - can Tomato Sauce
- 15 Oz - can Coconut Milk
- 15 Oz - can Garbanzo Bean
- 1 Cup Canned Chickpeas
- 8 Oz - Box Pasta
- 1 1/2-2 Cups Riced Cauliflower
- 3-4 Tbsp Soy Sauce
- 2 Cups Vegetable Broth
- 2 Cups Quinoa (Cooked)
- 4 Tbsp Black Olives

GROCERY STAPLES

- Olive Oil
- Salt
- Pepper
- 1 Tbsp Grapeseed Oil
- 1 Tbsp Toasted Sesame Oil
- 2 Tbsp Coconut Oil

SPICE CUPBOARD

- 1 tsp Dried Basil
- 1 tsp Dried Oregano
- 1/2 tsp Crushed Red Pepper
- 2 tsp Ground Cumin
- 2 tsp Ground Coriander
- 2 tsp Chili Powder
- 4 Tablespoons Curry Powder
- 1 teaspoon Turmeric