

WEEKLY MEALS

CROCK POT/SLOW COOK



Slow Cooker
Chicken Curry

MEAT-LESS



Jamaican Rasta
Pasta

UNDER 15 MINUTES



15 Minute Spicy
Chicken

ONE PAN ONLY



Keto Air Fryer
Salmon String
Beans

ALL AHEAD PREP



Spinach Artichoke
Chicken
Casserole

GROCERY LIST

VEGGIES/FRUITS

- ☐ 1 Green Bell Pepper
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Red Bell Pepper
- ☐ 2 Scallions
- ☐ 1 Habanero Pepper
- ☐ 1 pound String Beans
- ☐ 1 Limes
- ☐ 4 cloves Garlic
- ☐ Green onions for garnish
- ☐ 1 small Sweet Onion
- ☐ 1 large Yellow Onion

FROZEN

- ☐ 6 oz. Spinach (frozen and chopped - thawed)
- ☐ 2 cups Frozen peas and carrots

MEAT/PROTEIN/DAIRY

- ☐ 1 cup Mozzarella Cheese (finely shredded)
- ☐ 2/3 cup Parmesan Cheese (finely grated)
- ☐ 16 oz. Cottage Cheese
- ☐ 1 cup Half and half
- ☐ 1 - 15 oz. can Canned Coconut Milk (full fat)
- ☐ 2.5 pound Chicken Breast (boneless, skinless)
- ☐ 6 Chicken Thighs (boneless and skinless)
- ☐ 1 Lb Salmon

DRY GOODS

- ☐ 1 - 15 oz. can Tomato Sauce
- ☐ 1 - 15 oz. can Garbanzo Bean
- ☐ 1 can (16 oz.) Canned Artichoke Hearts
- ☐ 2 cups Penne pasta
- ☐ 2 T Honey
- ☐ 1/2 tsp Sesame Oil
- ☐ 1 T + 1 tsp Ghee or coconut oil
- ☐ 1 tsp Avocado Oil or olive oil
- ☐ 3 T Cornstarch
- ☐ 5 T Rice Vinegar
- ☐ 3 T Soy Sauce
- ☐ 1 1/2 T Chili Garlic Sauce

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ Sesame Seeds for garnish
- ☐ 4 T Curry Powder
- ☐ 1 tsp Turmeric
- ☐ 2 tsp Paprika
- ☐ 1 tsp Smoked Paprika
- ☐ 1 1/4 tsp Onion Powder
- ☐ 1 tsp Garlic Powder
- ☐ 1 1/2 tsp Thyme
- ☐ 1/2 tsp Dried Oregano
- ☐ 1 tsp Ground Allspice
- ☐ 1/4 tsp Cayenne Pepper