

MEAL PLAN

GROCERY LIST

SUNDAY - CHICKEN SHAWARMA

8 OZ. CHERRY TOMATOES
1 MEDIUM ZUCCHINI
1/2 RED ONION
1 1/2 - 2 LBS CHICKEN BREAST OR THIGHS
1 1/2 TBSP SHAWARMA SEASONING
1 LEMON
1/2 CUP FETA CHEESE CRUMBLES
RICE, FLATBREAD, OR SALAD GREENS, FOR SERVING
1/2 CUP PLAIN GREEK YOGURT
2 TBSP TAHINI
1 TBSP FRESH LEMON JUICE
1 GARLIC CLOVE

TUESDAY - CLAM CHOWDER

1 (10-12 OZ) PACKAGE UNCURED BACON
1 1/2 CUP ONION
1 1/2 CUP CELERY
2 POUNDS WHITE POTATOES
2 (6.5-OZ) CANS CHOPPED CLAMS
16 OUNCES CLAM JUICE
2 CUPS CHICKEN STOCK
1 SPRIG FRESH THYME
1 1/4 CUPS OF HEAVY CREAM
1/3 CUP TAPIOCA FLOUR

THURS- BUTTERNUT SQUASH SOUP

1 BUTTERNUT SQUASH
1 MEDIUM ONION
3 CLOVES GARLIC
2 JUICY LIMES
1-2 CHIPOTLE PEPPERS
1 QUART CHICKEN BROTH
1 CAN FULL-FAT COCONUT MILK

DESSERT - PUMPKIN COOKIES

1/2 CUP BUTTER
1 CUP MAPLE SUGAR
1 EGG
3/4 CUP PUMPKIN PUREE
2 TEASPOONS VANILLA
2 CUPS FLOUR
2 TSP BAKING POWDER
1 TSP BAKING SODA
1 TSP CINNAMON
6 OUNCES DARK CHOCOLATE CHIPS

MONDAY - HARVEST SALAD

1 LARGE SWEET POTATO
5 OUNCES SPRING GREENS
1 LARGE COOKED CHICKEN BREAST
1 HONEYCRISP APPLE, SLICED
2/3 CUP FETA CHEESE CRUMBLES
1/2 CUP DRIED CRANBERRIES
1/2 CUP PECANS
1/4 CUP RED ONION
3 TBSP FRESH LEMON JUICE
1 TSP DIJON MUSTARD
1/4 CUP FRESH PARSLEY
1 SMALL CLOVE GARLIC

WED - MEDITERRANEAN BOWLS

1 CUCUMBER
1 LARGE RIPE TOMATO
1/2 CUP KALAMATA OLIVES
1/4 CUP RED ONION
ZEST OF 1 LEMON
1 TBSP LEMON JUICE
1 CLOVE GARLIC
3-4 CUPS COOKED CHICKEN
2 CUPS UNCOOKED BROWN RICE
8 TO 10 OUNCES HUMMUS
1 CUP FETA CHEESE CRUMBLES

FRIDAY - SESAME CHICK BOWLS

1 POUND BONELESS CHICKEN THIGHS
1/3 CUP COCONUT AMINOS
2 TBSP TOASTED SESAME OIL
2 TBSP RICE VINEGAR
3 CLOVES GARLIC
QUICK PICKLED VEGETABLES (SEE POST)
4 CUPS COOKED BROWN RICE
1 LARGE RIPE AVOCADO
2 TBSP SESAME SEEDS