

Meals maker



7-DAY WHOLE 30 DAY RESET + PALEO

WEEK 2

ABOUT

The Whole 30 Day Reset Meal Plan is a 30 day plan to reset your body. This is intended to give your body a nutritional reset from unhealthy foods, cravings, and habits. For 30 days, you want to eat as clean and unprocessed as possible. This is a strict plan that requires eating foods with little to no added chemicals or ingredients. You want to eat whole foods that contain no additives or sugars.

GUIDELINES

- This is intended to be a short term way of eating to give your metabolism a reset and allow for the body to adjust to new healthy habits and foods.
- For 30 days you will be removing inflammatory and gut disruptive foods.
- Foods not allowed in your diet include: sugar, cheese, all forms of dairy, legumes, processed foods, baked goods, grains, alcohol, and artificial foods.
- Since this is a reset for the body, substitutions are not allowed.
- Due to the nature of restriction, this is not a long term plan but rather a quick way to get your body to adjust and reset.
- Disclaimer: Our advice is not intended to replace the consultation or advice of a medical professional. Always make sure to consult a medical professional before starting a new nutrition plan or workout plan. We assume no risk. By voluntarily deciding to partake in this meal plan, you assume all risk. If you feel any unusual changes to your body due to this meal plan, please stop immediately and consult with a physician.



PREPARATION

- Clear your home of any foods not allowed in the meal plan. If you do not live alone, then create a “safe space” where you can store all your foods so that you aren't tempted every time you need to take a spice out of your pantry.
- Plan ahead. Get all your shopping done at the start of the week.
- Prep ahead of time. Cut your vegetables and store them in the fridge, cook meals ahead of time and keep them handy, etc., so that you don't get tempted to fall off the plan.
- If you do fall off, then just start again immediately.
- Don't measure yourself or weight yourself for 30 days - this is truly intended to be a reset for the body. Don't focus on the weight.
- Don't be tempted by events, parties, etc., this plan is only for 30 days so stay on course with your meals.
- **You can do this!**

SIDE NOTE

- Week 4 will include 2 days of meals to complete the 30 days.
- For this week, we have included a separate Necessary Staples and Grocery List for you to shop at your discretion.



THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

SHRIMP AND AVOCADO
OMELET

Lunch:

SALMON AND CARROTS

Dinner:

GROUND BEEF BOWL
WITH KALE AND
TOMATOES

DAY 2

Breakfast:

SPICY SCRAMBLED EGGS
TACOS

Lunch:

GROUND BEEF AND
VEGGIE WRAPS

Dinner:

ORANGE FLAVORED
CHICKEN AND GREEN
BEANS

DAY 3

Breakfast:

APPLE AND SWEET
POTATO HASH

Lunch:

SHRIMP AND AVOCADO
SALAD

Dinner:

STEAK WITH
CAULIFLOWER RICE

DAY 4

Breakfast:

SUMMER SQUASH,
ZUCCHINIS AND POACHED

EGGS
Lunch:

SHRIMP AND BROCCOLI
STIR FRY

Dinner:

CHICKEN AND BEETS

DAY 5

Breakfast:

SMOKED SALMON AND
FENNEL SALAD

Lunch:

VEGETABLE SALAD AND
HARD BOILED EGGS

Dinner:

PAPRIKA SPICED SHRIMP
AND GREEN BEANS

DAY 6

Breakfast:

BROCCOLI, ONION AND
BELL PEPPER OMELET

Lunch:

COD AND BOK CHOY

Dinner:

STEAK AND ZUCCHINI

DAY 7

Breakfast:

EGGPLANT MIX

Lunch:

CAJUN FLAVORED COD
AND MINTY AVOCADO

SALAD
Dinner:

SHREDDED CHICKEN
BOWL

WEEKLY Notes



SHRIMP AND AVOCADO OMELET

Prep Time: 15 min.

Cook Time: 11 min.

Total Time: 26 min.

Ingredients:

4 eggs
olive oil
¼ pound shrimp, peeled and chopped
2 teaspoons salt, divided
1 tomato, chopped
1 tablespoon cilantro
2 teaspoons pepper, divided
1 avocado, sliced

Instructions:

1. In a small bowl, whisk the eggs and set aside.
2. Heat olive oil in a large skillet over medium heat. Add the shrimp, season with 1 teaspoon salt, cover and cook for 4-5 minutes, or until pink. Set aside.
3. Grease a medium skillet with olive oil over medium heat. Pour the eggs and gently move the skillet around so the eggs get evenly cooked.
4. Add the tomato, cilantro and shrimp, season with 1 teaspoon salt and 2 teaspoons pepper. Cook the omelet on both sides for 2-3 minutes.
5. Transfer to a serving plate. Top with avocado and serve.



SALMON AND CARROTS

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

½ pound salmon fillet
1 lime, juiced
½ tablespoon paprika powder
½ tablespoon dried oregano
¾ tablespoon salt, divided
½ tablespoon pepper
olive oil
4 carrots, cut in circles
½ tablespoon ground thyme
1 tablespoon mint leaves, garnish

Instructions:

1. Preheat oven to 375°F.
2. Coat the salmon with the lime juice, paprika, dried oregano, ½ tablespoon salt and pepper.
3. Grease a large baking sheet with olive oil, place the seasoned salmon and bake for 15 minutes.
4. In the meantime, over medium-high heat, grease a large skillet with olive oil. Add the carrots, season with ¼ tablespoon salt and ground thyme. Cover and cook for 10 minutes.
5. Transfer to a serving plate with the cooked salmon. Garnish with mint leaves and serve.



GROUND BEEF BOWL WITH KALE AND TOMATOES

Prep Time: 15 min.

Cook Time: 12 min.

Total Time: 27 min.

Ingredients

½ pound ground beef
½ tablespoon paprika powder
¼ tablespoon garlic powder
¼ tablespoon salt
½ tablespoon pepper
olive oil
2 cups kale leaves
½ tomato, chopped

Instructions:

1. In a large bowl mix the ground beef and season with paprika powder, garlic powder, salt and pepper. Mix well.
2. Heat olive oil in a large skillet over medium-high heat. Add the ground beef. Cover and cook for 12 minutes stirring occasionally to avoid burning.
3. In the meantime, line the bottom of a serving bowl with kale. Then transfer the cooked beef on top.
4. Layer on the tomato and serve.



SPICY SCRAMBLED EGGS TACOS

Prep Time: 10 min.

Cook Time: 5 min.

Total Time: 15 min.

Ingredients:

6 eggs
2 teaspoons salt
½ red onion, chopped
½ jalapeño pepper, minced
1 tomato, diced
olive oil
6 lettuce leaves, to be used as “tortillas” for tacos
1 teaspoon pepper

Instructions:

1. Crack eggs into a small bowl, add the salt, red onion, jalapeño, and tomato; whisk to combine everything together.
2. Heat olive oil in a large skillet over medium heat, pour in the egg mixture. Let the eggs set at the bottom then scramble around for 5 minutes. Set aside.
3. Place the lettuce leaves on a large serving plate and fill with the egg mixture.
4. Sprinkle with pepper and serve.



GROUND BEEF AND VEGGIE WRAPS

Prep Time: 15 min.

Cook Time: 16 min.

Total Time: 31 min.

Ingredients:

olive oil
½ pound ground beef
1 tomato, minced
1 tablespoon paprika powder
3 cups kale, chopped
1 teaspoon salt
6 large lettuce leaves, doubled, for wraps
1 avocado, cubed

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Sauté the red onion for 2 minutes.
2. Add the ground beef and tomato, season with paprika powder. Cover and cook for 10 minutes.
3. Add the kale and season with salt; cover and cook for 4 minutes or until the leaves have wilted.
4. Assemble wraps by drizzling a small amount of olive oil onto the lettuce leaves. Then scoop out desired amount of ground beef from the skillet to the wraps.
5. Top with avocados.
6. Transfer to a serving plate and serve.



ORANGE FLAVORED CHICKEN AND GREEN BEANS

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

1 orange
½ pound chicken breast, skinless and boneless, cubed
olive oil
2 cups green beans, ends trimmed and halved
1 tablespoon red pepper flakes

Instructions:

1. Squeeze the juice from the orange over the chicken breast, massage to coat.
2. Heat olive oil in a large skillet over medium heat and place the chicken breast on it; cover and cook for 5 minutes. Stir occasionally to avoid sticking and burning.
3. Add the green beans and season with the red pepper flakes, stir. Cover and cook for 10 minutes.
4. Transfer to a serving plate and serve.



APPLE AND SWEET POTATO HASH

Prep Time: 15 min.

Cook Time: 22 min.

Total Time: 37 min.

Ingredients:

olive oil
2 large sweet potatoes, peeled and cubed
½ tablespoon dried oregano
1 apple, sliced
2 tablespoons mint leaves, garnish

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add the sweet potatoes and season with dried oregano. Add a little water and cover and cook for 10 minutes.
2. Then add the apples and allow to cook for 12 minutes; make sure to stir occasionally.
3. Transfer to a large serving plate, garnish with mint leaves and serve.



SHRIMP AND AVOCADO SALAD

Prep Time: 15 min.

Cook Time: 5 min.

Total Time: 20 min.

Ingredients:

olive oil
½ pound shrimp, peeled
3 teaspoons salt, divided
2 cups baby spinach
1 cup kale, chopped
1 avocado, cubed
1 lemon
2 teaspoons pepper
½ tablespoon dried oregano, garnish

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the shrimp and season with 1 teaspoon salt. Cook for about 5 minutes, alternating sides to avoid burning. Set aside.
2. In a large mixing bowl, add the baby spinach, kale and avocado.
3. Squeeze the lemon over the salad and season with pepper and the remaining salt; toss to combine.
4. Transfer the salad to a large serving plate and place the shrimp on top. Garnish with dried oregano and serve.



STEAK WITH CAULIFLOWER RICE

Prep Time: 20 min.

Cook Time: 20 min.

Total Time: 40 min.

Ingredients:

4 cups cauliflower florets
olive oil
1 tablespoon salt, divided
1 tablespoon pepper, divided
¼ of an onion, chopped
1 clove garlic, minced
2 poblano peppers, stem, seeds and ribs removed, thinly sliced
½ pound beef sirloin tip steak, sliced
½ teaspoon dried oregano
1 avocado, cubed
½ cup chopped cilantro, garnish
1 lime, juiced

Instructions:

1. Put the cauliflower in a blender and pulse until it has the texture of rice. Work in batches if needed, also make sure not to over blend or it will get watery and runny.
2. Heat olive oil in a large skillet on medium-high; add the blended cauliflower, season with ½ tablespoon salt and ½ tablespoon pepper. Sauté until heated thoroughly, about 5-8 minutes. Transfer to a serving bowl and set aside.
3. Heat olive oil in a large skillet over medium heat; add the onion, garlic and poblano peppers; season with the remaining salt and pepper. Cook for 2 minutes.
4. Add the steak into the skillet and season with the dried oregano. Cover and cook for 10 minutes, stirring occasionally. Once done, transfer to the serving bowl on top of the cauliflower rice.
5. Top with avocado and cilantro and drizzle with lime juice.



SUMMER SQUASH, ZUCCHINIS AND POACHED EGGS

Prep Time: 10 min.

Cook Time: 16 min.

Total Time: 26 min.

Ingredients:

olive oil
1 onion, minced
1 clove garlic, minced
2 medium zucchinis, diced
1 medium summer squash, diced
2 teaspoons salt
1 cup kale, chopped
1 teaspoon apple cider vinegar
4 eggs
¼ tablespoon dried oregano, garnish

Instructions:

1. Heat olive oil in a large skillet over medium heat. Sauté the onion and garlic for 4 minutes.
2. Add the zucchinis and squash then season with salt. Cover and cook for 7 minutes.
3. Add in the kale, allow to cook for 3 minutes. Set aside.
4. Bring a medium saucepan filled with water to a boil. Add the apple cider vinegar.
5. Crack the eggs into the water and allow for it to swirl around in the water until the egg begins to set, this should take about 1-2 minutes. Scoop the eggs out of the water and set aside.
6. Place the vegetables in a bowl and place the eggs on top.
7. Season with dried oregano and serve.



SHRIMP AND BROCCOLI STIR FRY

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

olive oil
½ of an onion, chopped
1 clove garlic, minced
½ head broccoli
1 tablespoon paprika powder
2 cups green beans, sliced
3 cups bok choy, sliced
2 cups kale, shredded
½ pound shrimp, peeled
3 teaspoons salt

Instructions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the onion and garlic and sauté for 3 minutes.
3. Stir in the broccoli and season with paprika powder. Cover and cook for 4 minutes.
4. Then add the green beans. Cover and cook for another 7 minutes.
5. Then add the bok choy and kale. Allow to cook for an additional 5 minutes.
6. Remove from heat and transfer to a serving plate.
7. Add additional olive oil to the skillet and add the shrimp, season with salt. Cover and allow to cook on each side for 3 minutes. Transfer to the serving plate alongside the vegetables and serve.



CHICKEN AND BEETS

Prep Time: 15 min.

Cook Time: 40 min.

Total Time: 55 min.

Ingredients:

olive oil
3 beets, peeled and sliced
3 teaspoons cumin powder
1 lime, juiced
2 tablespoons dried rosemary
½ tablespoon salt
½ pound chicken breast, skinless and boneless
¼ cup mint leaves, garnish
1 tablespoon pepper

Instructions:

1. Preheat oven to 375°F.
2. Grease a large baking sheet with olive oil. Place the beets onto the sheet and drizzle with 2 tablespoons olive oil; season with cumin powder.
3. In a small bowl, mix the lime juice, 3 tablespoons olive oil, dried rosemary, salt and pepper. Pour this over the chicken and massage to coat well.
4. In a separate greased large baking sheet, place the seasoned chicken.
5. Place both baking sheets in the oven; bake the beets for 30-40 minutes and the chicken for 30 minutes.
6. Once the chicken and the beets are done transfer to a serving plate, garnish with mint leaves and serve.



SMOKED SALMON AND FENNEL SALAD

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

2 tablespoons olive oil
2 bulbs fennel, diced
1 small yellow onion, chopped
1 pound smoked salmon
4 cups spinach
2 teaspoons salt
2 teaspoons pepper

Instructions

1. Heat olive oil in a large skillet over medium heat. Add the fennel and onion and sauté for 2 minutes.
2. Add the smoked salmon and allow to cook for 8 minutes.
3. Base the spinach on a serving bowl, then top with the sautéed salmon.
4. Season with salt and pepper, serve.



VEGETABLE SALAD AND HARD-BOILED EGGS

Prep Time: 15 min.

Cook Time: 12 min.

Total Time: 27 min.

Ingredients:

4 eggs
2 teaspoons salt, divided
½ of a tomato, chopped
1 avocado, cubed
2 cups baby spinach
3 tablespoons cilantro, chopped
1 lime, juiced
1 tablespoon olive oil
1 teaspoon pepper
1 teaspoon garlic powder

Instructions

1. Boil the eggs in water with 1 teaspoon of salt for 12 minutes.
2. Drain and run the eggs under cold water. Remove shells and run under cold water again to remove any excess shells.
3. Chop the eggs then transfer to a large mixing bowl.
4. Add the tomato, avocado, spinach, cilantro leaves, lime juice, olive oil, salt, pepper and garlic powder into the large mixing bowl as well.
5. Combine everything together, transfer to a large serving bowl and serve.



PAPRIKA SPICED SHRIMP AND GREEN BEANS

Prep Time: 15 min.

Cook Time: 23 min.

Total Time: 38 min.

Ingredients:

olive oil
1 ½ cups green beans, ends trimmed
2 cloves garlic, minced
¾ tablespoon salt, divided
1 tablespoon pepper, divided
½ pound shrimp, peeled
½ of a lemon, juiced
½ tablespoon paprika powder
2 tablespoons cilantro, chopped, garnish

Instructions

1. Preheat oven to 375°F.
2. Grease a large baking sheet with olive oil and add the green beans.
3. Coat with the garlic cloves and season with ¼ tablespoon salt and ½ tablespoon pepper.
4. Place the baking sheet in the oven and roast for 20 minutes. Transfer to a serving plate and set aside.
5. Heat olive oil in a large skillet over medium-high heat. Add the shrimp. Pour in the lemon juice and season with paprika powder and the remaining salt and pepper.
6. Cover and allow to cook for 3 minutes or until the flesh is pink and opaque.
7. Remove from heat and transfer to the serving plate with the green beans.
8. Garnish with cilantro leaves and serve.



BROCCOLI, ONION AND BELL PEPPER OMELET

Prep Time: 15 min.

Cook Time: 13 min.

Total Time: 28 min.

Ingredients:

olive oil
¼ of an onion, minced
½ cup broccoli, heads only, no stems, finely chopped
2 bell peppers, seeded and minced
6 eggs
1 teaspoon salt
1 teaspoon pepper
¼ cup mint leaves, garnish

Instructions

1. Heat olive oil in a large skillet over medium heat. Add the onion, broccoli and bell peppers; allow to cook for 7 minutes. Set aside.
2. In a large bowl whisk the eggs seasoned with salt and pepper.
3. Over low heat, grease a large skillet with olive oil.
4. Pour the eggs and swirl the skillet gently so that the eggs cook evenly.
5. Carefully transfer the vegetable mix on the half part of the omelet, then close it down the middle. Allow to cook for 2-3 minutes on each side.
6. Transfer to a serving plate, garnish with mint leaves and serve.



COD AND BOK CHOY

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

½ onion, chopped
1 tablespoon salt
3 cups bok choy, chopped
1 lemon, juiced
olive oil
1 tablespoon paprika powder
½ pound cod fillet
¼ cup mint leaves, garnish

Instructions

1. Fill a saucepan with water, add the cut onion and season with salt and bring to a boil, about 2 minutes.
2. Then add the chopped bok choy, cook for 3 minutes. Remove from heat and set aside on a serving plate.
3. Preheat oven to 350°F.
4. Mix the lemon juice, 2 tablespoons olive oil and paprika powder into a shallow bowl. Place the cod into the bowl, massage to combine well.
5. Place the cod on a greased baking sheet and bake for 15 minutes. Transfer to the serving plate on top of the vegetables.
6. Garnish with mint leaves and serve.



STEAK AND ZUCCHINI

Prep Time: 15 min.

Cook Time: 26 min.

Total Time: 41 min.

Ingredients:

olive oil
½ of an onion, chopped
½ pound of beef sirloin tip steak, sliced
½ tablespoon salt
½ tablespoon ground thyme
2 medium zucchinis, chopped
1 lime
1 teaspoon pepper, garnish

Instructions:

1. Heat olive oil in a large skillet over medium-high heat, sauté the onion for 2 minutes.
2. Add the steak; season with salt and ground thyme. Cover and cook for 12 minutes. Transfer to a serving plate and set aside.
3. Add more olive oil to the skillet if needed. Add the zucchini and allow to cook for 12 minutes.
4. Transfer to the serving plate next to the steak.
5. Squeeze the lime over the vegetables and steak. Sprinkle pepper and serve.



EGGPLANT MIX

Prep Time: 10 min.

Cook Time: 12 min.

Total Time: 22 min.

Ingredients:

olive oil
2 cloves garlic, minced
½ of an onion, diced
1 poblano pepper, diced
1 bell pepper, seeded and sliced
2 cups kale, chopped
2 eggplants, sliced
1 avocado, sliced
¼ tablespoon salt
1 tablespoon pepper

Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add the garlic, onion, poblano pepper, bell pepper and kale. Cook for 5 minutes.
3. Then add the eggplants and cook for 7 minutes. Transfer to a serving plate and serve with avocado slices.



CAJUN FLAVORED COD AND MINTY AVOCADO SALAD

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

olive oil
½ pound of cod fillet
½ tablespoon chili powder
1 tablespoon Cajun powder
1 avocado, peeled, pitted and mashed
½ of a red onion, chopped
2 tablespoons mint leaves, chopped
2 limes, juiced
1 teaspoon salt

Instructions:

1. Preheat oven to 345°F.
2. Grease a large baking sheet with olive oil. Place the cod and season with chili powder and Cajun powder, massage to coat well.
3. Bake for 15 minutes.
4. In a small bowl, combine the avocado, red onion and mint. Pour in the lime juice and season with salt. Mix well and set aside.
5. Once the fish is ready, remove from heat and transfer to a serving plate. Top with the avocado salsa and serve.



SHREDDED CHICKEN BOWL

Prep Time: 15 min.

Cook Time: 14 min.

Total Time: 29 min.

Ingredients:

olive oil
½ of a jalapeño pepper, sliced
¼ pound chicken breast, boneless and skinless
½ tablespoon salt, divided
1 tablespoon pepper, divided
1 tomato, cubed
1 avocado, sliced

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add the jalapeño pepper and sauté for 2 minutes.
2. Add the chicken breast and season with ¼ tablespoon salt and ½ tablespoon pepper. Cover and cook for 6 minutes on each side. Set aside.
3. In a mixing bowl, combine the tomato with 1 tablespoon olive oil and the remaining salt and pepper; toss to coat well and set aside.
4. Shred the cooked chicken and place inside a large serving bowl.
5. Place the tomato on top of the chicken and finish off with the avocado.



WEEK 2

NECESSARY STAPLES



Day 1 Breakfast:

olive oil
2 tablespoons salt
2 tablespoons pepper

Day 1 Lunch:

olive oil
 $\frac{3}{4}$ tablespoon salt
 $\frac{1}{2}$ tablespoon pepper
 $\frac{1}{2}$ tablespoon paprika powder
 $\frac{1}{2}$ tablespoon dried oregano
 $\frac{1}{2}$ tablespoon ground thyme

Day 1 Dinner:

olive oil
 $\frac{1}{4}$ tablespoon salt
 $\frac{1}{4}$ tablespoon garlic powder
 $\frac{1}{2}$ tablespoon pepper
 $\frac{1}{2}$ tablespoon paprika powder

Day 2 Breakfast:

olive oil
2 teaspoons salt
1 teaspoon pepper

Day 2 Lunch:

olive oil
1 teaspoon salt
1 tablespoon paprika powder

Day 2 Dinner:

olive oil
1 tablespoon red pepper flakes

Day 3 Breakfast:

olive oil
 $\frac{1}{2}$ tablespoon dried oregano

Day 3 Lunch:

olive oil
2 teaspoons pepper
3 teaspoons salt
 $\frac{1}{2}$ tablespoon dried oregano

Day 3 Dinner:

olive oil
 $\frac{1}{2}$ teaspoon dried oregano
1 tablespoon salt
1 tablespoon pepper

Day 4 Breakfast:

olive oil
2 teaspoons salt
 $\frac{1}{4}$ tablespoon dried oregano

Day 4 Lunch:

olive oil
3 teaspoons salt
1 tablespoon paprika powder
1 teaspoon apple cider vinegar

Day 4 Dinner:

olive oil
3 teaspoons cumin powder
 $\frac{1}{2}$ tablespoon salt
1 tablespoon pepper
2 tablespoons dried rosemary

Day 5 Breakfast:

2 tablespoons olive oil
2 teaspoons salt
2 teaspoons pepper

Day 5 Lunch:

2 teaspoons salt
1 teaspoon pepper
1 teaspoon garlic powder
1 tablespoon olive oil

Day 5 Dinner:

olive oil
 $\frac{1}{2}$ tablespoon paprika powder
 $\frac{3}{4}$ tablespoon salt
1 tablespoon pepper

Day 6 Breakfast:

olive oil
1 teaspoon salt
1 teaspoon pepper

Day 6 Lunch:

olive oil
1 tablespoon paprika powder
1 tablespoon salt

Day 6 Dinner:

olive oil
1 teaspoon pepper
 $\frac{1}{2}$ tablespoon ground thyme
 $\frac{1}{2}$ tablespoon salt

Day 7 Breakfast:

olive oil
 $\frac{1}{4}$ tablespoon salt
1 tablespoon pepper

Day 7 Lunch:

olive oil
1 teaspoon salt
 $\frac{1}{2}$ tablespoon chili powder
1 tablespoon Cajun powder

Day 7 Dinner:

olive oil
1 tablespoon salt
1 tablespoon pepper



WEEK 2

GROCERY LIST



Produce:

- 1 jalapeño pepper
- 1 garlic head
- 1 summer squash
- 1 apple
- 1 orange
- 1 small yellow onion
- 1 red onion
- 2 fennel bulbs
- 2 eggplants
- 2 large sweet potatoes
- 4 onions
- 3 lemons
- 3 beets
- 3 bell peppers
- 3 poblano peppers
- 4 medium zucchinis
- 4 carrots
- 5 tomatoes
- 7 limes
- 8 avocados
- 1 container of mint leaves
- 1 small bundle of cilantro
- 1 large head of lettuce
- 1 large bundle of bok choy
- 1 head of cauliflower
- 1 head of broccoli
- 1 large bag of baby spinach
- 1 bag of green beans
- 2 bags of kale

Refrigerated:

- 24 eggs

Seafood:

- ½ pound of salmon
- 1 pound of cod
- 1 pound smoked salmon
- 1 ¾ pounds of shrimp, washed and peeled

Meat & Poultry:

- 1 pound ground beef
- 1 pound of beef sirloin tip steak, sliced
- 1 ¾ pounds of chicken breast, boneless, skinless

Canned & Packaged:

- none needed

Miscellaneous:

- spatula
- tongs
- skillets
- saucepans
- baking sheet
- mixing bowls
- serving bowls
- serving plates

