

Weekly Meal Prep: No. 3

ENTREE 1



One-Pan Roasted Chicken and Vegetables

ENTREE 2



Slow Cooker Chipotle Chocolate Sweet Potato Chili

BREAKFAST



Sweet Potato Hash with Bacon

SIDE



Easy Peasy Garlic Hummus

SNACK



Cinnamon Raisin Paleo Breakfast Bread

Grocery List

PROTEIN & DAIRY:

- 1½ lbs. bone-in, skin-on chicken thighs
(May substitute 1 lb. boneless, skinless chicken thighs)
- 2 lbs. ground beef or bison
- 3 eggs (+ 8 additional for serving with Hash)
- 3 strips uncured bacon

PRODUCE:

- 12 oz. whole carrots (~6-8 medium)
- 12 oz. fresh green beans
- 1 cup button or cremini mushrooms
- 12 oz. baby red potatoes, halved or quartered
- 2 large (or 4 medium) sweet potatoes
- 2 cups fresh spinach
- 1 medium red onion
- 1 medium bell pepper
- 1 large yellow or white onion
- 15 garlic cloves
- 1 lemon
- Fresh cilantro
- 1-2 avocados

CANNED AND DRY GOODS:

- 1 6-ounce can tomato paste
- 2 14-ounce cans fire-roasted diced tomatoes
- 1½ cups chicken or beef broth
- 1 15-ounce can garbanzo beans
- 2 Tbsp. tahini
- ¾ cup unsweetened applesauce
- ⅔ cup creamy almond butter
- ⅓ cup pure maple syrup
- 1¼ cups blanched almond flour
- ¼ cup tapioca flour
- ½ cup raisins
- ¼ cup finely chopped pecans (optional)

OILS, SPICES & CONDIMENTS:

- 1 Tbsp. fresh rosemary
(or 1 tsp. dried rosemary)
- 2 tsp. fresh thyme *(or ¾ tsp. dried thyme)*
- 3 Tbsp. olive or avocado oil
(use only ½ Tbsp. oil if using skin-on chicken thighs or legs)
- 1½ Tbsp. coconut oil *(may substitute butter or ghee)*
- 3 Tbsp. unsweetened cocoa powder
- 3 Tbsp. chili powder
- 1 Tbsp + ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 Tbsp. ground cumin
- 1 Tbsp. chipotle chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder/granules
- 1 tsp. pure vanilla extract
- 1 tsp. baking soda