

# Weekly Meal Prep: No. 7

## Grocery List

ENTREE 1



Shepherd's Pie

ENTREE 2



Chicken Sweet Potato Curry

BREAKFAST



Apricot-Basil Breakfast Meatballs

SIDE



Cauliflower Rice

SNACK



Paleo Lemon Blueberry Muffins

### PROTEIN & DAIRY

- 1 lb. grass-fed ground beef, lamb or bison
- 1 lb. chicken breast, cubed
- 1/2 lb. ground pork
- 1/2 lb. ground turkey
- 4 eggs

### PRODUCE:

- 2 medium carrots
- 3 medium sweet potatoes
- 1 medium cauliflower
- 1/2 green pepper
- 1 red pepper
- 2 cups green beans
- 1 large yellow onion  
(or 1 small + 1 medium)
- 7 cloves garlic
- 1 cup fresh spinach leaves
- 1/4 cup fresh basil
- Fresh cilantro, chopped (optional)
- 1-2 green onions (optional)
- Fresh parsley, chopped (optional)
- 2 medium lemons
- 3/4 cup fresh blueberries  
(or frozen, thawed and drained)

### CANNED AND DRY GOODS:

- 6 Tbsp. tomato paste
- 1 Tbsp. flaxseed meal
- 1 cup chicken broth
- 2 14-oz. cans full-fat coconut milk
- 1/4 cup dried apricots
- 6 Tbsp. raw honey

### OILS, SPICES & CONDIMENTS:

*Budget Saving Tip: purchase spices in bulk.*

- 1 Tbsp. coconut or avocado oil
- 3 Tbsp. coconut oil
- 2 Tbsp. ghee
- 1 tsp. pure vanilla extract
- 2/3 cup coconut flour
- 1/4 cup tapioca starch/flour
- 1 tsp. baking soda
- 1/2 tsp. dried rosemary
- 1 1/4 tsp. chili powder
- 1/4 tsp. black pepper
- 3 Tbsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. ground turmeric
- 1/2 tsp. cayenne
- Arrowroot starch  
(for thicker curry, optional)
- Sea salt