

WEEK 1

DINNER MENU

MON
(Day 01)

**Instant Pot
Beef Barbacoa**



TUE
(Day 02)

**Greek Chicken
Kebabs with
Tzatziki Sauce**



WED
(Day 03)

Leftovers



THU
(Day 04)

**Grilled Pork
Tenderloin +
Grilled
Asparagus**

FRI
(Day 05)

**Salmon
Caesar Salad
Grain Bowls**



SAT
(Day 06)

Leftovers or
Takeout



SUN
(Day 07)

BYOM

GROCERY LIST

PROTEIN

- 2 ½ lbs beef chuck roast
- 1 ½ lbs boneless, skinless chicken breasts
- 2 pork tenderloins (*about 2 - 2 ½ lbs total*)
- 1 ½ lbs salmon fillets (4-6 fillets)
- may substitute chicken

PRODUCE

- ½ medium yellow onion
- 2 garlic bulbs (*or heads*)
- 4 limes
- 3 lemons
- 1 medium zucchini
- 1 red onion
- 1 large bell pepper (*any color*)
- 1 small English cucumber
- 2 medium avocados
- 1 lb asparagus
- 2 large heads of romaine (*8 cups*)
- 1 cup radishes
- 2 Tbsp. fresh oregano leaves (*or 2 tsp. dried*)
- 1 Tbsp. fresh dill (*or 1 tsp. dried*)
- 1 cup fresh herbs of choice
(*mix of parsley and cilantro*)

DAIRY

- ½ cup Greek yogurt
(*use non-dairy yogurt for dairy-free*)
- ¾ cup shredded parmesan cheese
(*omit for dairy-free*)

DRY GOODS/PANTRY STAPLES

- 3 Tbsp. tomato paste
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. coconut sugar or brown sugar, opt.
- 1 ⅓ cup cooked brown rice or quinoa
(90 second packets work great!)
- ½ cup crunchy or crispy chickpeas
(*such as Biena*)
- 6-8 skewers (*wooden or metal*)

SEASONINGS

- Fine salt & black pepper
- 1 Tbsp. + 1 tsp. ground cumin
- 3 bay leaves
- 1 Tbsp. dried oregano
- 1 pinch ground cloves
- ½ tsp. red pepper flakes
- 2 tsp. paprika
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. chili powder
- ½ tsp. chipotle powder or smoked paprika

PRIMAL KITCHEN ITEMS

- ¾ cup Avocado Oil or Olive Oil
- ½ cup Caesar Dressing & Marinade
- ⅔ cup Greek Vinaigrette & Marinade, opt.
- Cilantro Lime Dressing & Marinade, opt.
- Classic Barbecue Sauce, optional

Optional serving suggestion for barbacoa bowls: Rice, greens, cilantro, lime, cheese, corn, pico, black beans, jalapeño, sliced avocado, red onions.

OTHER MEAL IDEAS



BREAKFAST:
Mixed Berry
Chia Pudding



LUNCH:
Strawberry Chicken
Poppy Seed Salad



SNACK:
Almond Joy
Energy Bites

(*not included on the grocery list above*)

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