

WEEK 2

DINNER MENU

MON
(Day 01)

**Grilled Steak
Kebabs +
Broccoli
Cauliflower Salad**



TUE
(Day 02)

**Sheet Pan
Chicken
Shawarma Bowls**



WED
(Day 03)

Leftovers



THU
(Day 04)

**Feta Spinach
Turkey Burgers
+ Carrot Fries**



FRI
(Day 05)

**Greek Quinoa
Salad Bowls**



SAT
(Day 06)

Leftovers or
Takeout



SUN
(Day 07)

BYOM

GROCERY LIST

PROTEIN

- ❑ 1 ¼ lbs beef sirloin steak
- ❑ 1 ½ lbs boneless, skinless chicken thighs
- ❑ 1 lb ground turkey
- ❑ 3-4 strips bacon

PRODUCE

- ❑ 4 bell peppers, any color
- ❑ 2 red onions
- ❑ 2 cups broccoli florets
- ❑ 2 cups cauliflower florets
- ❑ 1 cup red grapes
- ❑ 2 green onions
- ❑ 3 lemons
- ❑ 1 garlic bulb
- ❑ 4 cups riced cauliflower
- ❑ 1 large head romaine (4 cups)
- ❑ 1 ¾ cup grape tomatoes
- ❑ 1 medium English cucumber
- ❑ Fresh cilantro, optional
- ❑ 7-8 oz. fresh baby spinach
- ❑ 1 ½ lbs. whole carrots
- ❑ 1 tbsp. fresh dill (or 1 tsp. dried)
- ❑ 1 tbsp. fresh thyme (or ½ tsp. dried)
- ❑ 2 Tbsp. fresh oregano, roughly chopped (or 1 tsp. dried)
- ❑ 1 avocado

DRY GOODS/PANTRY STAPLES

- ❑ 2 Tbsp. tamari, soy sauce or coconut aminos
- ❑ 2 Tbsp. red wine vinegar
- ❑ 1 Tbsp. worcestershire sauce
- ❑ 3 Tbsp. dry roasted sunflower seeds
- ❑ 1 tsp. apple cider vinegar
- ❑ 2 tsp. honey or maple syrup, optional
- ❑ 1 Tbsp. cornstarch, optional
- ❑ ½ cup canned or jarred artichoke hearts
- ❑ ¼ cup kalamata olives
- ❑ 1 cup cooked quinoa (90 sec. packets work great!)
- ❑ 6-8 skewers (wooden or metal)

DAIRY

- ❑ ½ cup Greek yogurt
(use non-dairy yogurt for dairy-free)
- ❑ 1 cup feta cheese (omit for dairy-free)

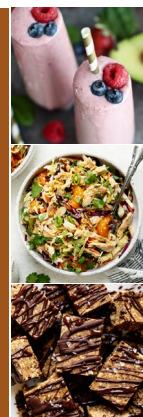
SEASONINGS

- ❑ Fine salt & black pepper
- ❑ 1 ½ tsp. garlic powder
- ❑ 2 tsp. dried Italian seasoning
- ❑ 2 tsp. ground cumin
- ❑ 1 tsp. ground coriander
- ❑ 1 ½ tsp. paprika
- ❑ ½ tsp. ground turmeric
- ❑ ¼ tsp. red pepper flakes
- ❑ ¾ tsp. onion powder
- ❑ ¼ tsp. dried thyme

PRIMAL KITCHEN ITEMS

- ❑ ¾ cup Avocado Oil Or Olive Oil
- ❑ 1 cup Avocado Oil Mayo
- ❑ 1/3 cup Cilantro Lime Dressing & Marinade
- ❑ 1 Tbsp. Dijon Mustard
- ❑ ½ cup Greek Vinaigrette & Marinade, opt.
- ❑ Balsamic Vinaigrette & Marinade, opt.

OTHER MEAL IDEAS



BREAKFAST:
Berry Banana Smoothie

LUNCH:
Chinese-Inspired
Chicken Salad

SNACK:
Mini Peanut Butter
Protein Bars

(not included on the grocery list above)

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