

WEEKLY MENU

Day 1

BF-Almond Bliss Shake

L-Egg Salad

D-Stacked Eggplant

S-from approved list/optional

Day 2

BF-Southwest Egg Scramble

L-Limeade Protein Shake

D-Shrimp Alfredo

S

Day 3

BF-Chia Seed Pudding

L-Green Goddess Salad

D-Leftovers Night

S-

Day 4

BF-Almond Bliss Shake

L-Tuna Salad

D-Chicken Tenders/Salad

S-

Day 5

B-Avocado Toast

L-leftovers

D-Pizza/Date Night Out

S-

Day 6

B-Pancakes

L-Limeade Protein Shake

D-Lime Cilantro Chicken

S-

Day 7

B-Mothers Day!!

L-My Husband and Kids

D-Are taking over the kitchen

S-Have an Almond Bliss Shake to hold you over and so you don't over indulge

WEEKLY MENU

Grocery List

Protein/Meat

10oz Shrimp

2lb Chicken Tenders

2lb boneless skinless chicken breast

Diary

Parmesan Cheese

18 eggs

Heavy whipping cream

Fruit/Vegetables

Lemons

4 Japanese eggplants

Basil

Green bell pepper

Yellow onion

Baby heirloom tomatoes

Avocados

Chives

Green onion

Cilantro

Mixed Greens/Spinach

Cucumbers

Broccoli

Baby Kale

2 limes

Jalapeno pepper

Asparagus

Extra veggies/fruit to snack on

Other

Gluten free Crackers (I like Almond mills)

Duck sauce

Sourdough bread

Things I always have on hand that you will need

Mayonnaise (I like Primal Kitchen)

Dijon Mustard

Paprika

Italian Seasoning

Everything but the bagel seasoning(Trader Joes)

Himalayan Salt

Poppy seeds

Nutmeg

Garlic powder

Cayenne pepper

Garlic cloves

Pepper

Coconut aminos (Costco)

Olive oil (Costco or Thrive)

Avocado Oil (Costco)

WEEKLY MENU

Champagne vinegar

[Cacao nibs](#)

Distilled vinegar

Coconut flakes

Potato Starch

Gluten Free Bread crumbs

No added sugar Marinara sauce (I like Raos)

Butter

Chia seeds

Almond milk

Vanilla Protein Powder

[Wonder Noodles](#)

[Coconut butter](#)

Apple Cider Vinegar

Mustard Seed powder

Tarragon

Flaxseeds get from Costco

Canned wild Tuna get from ThriveMarket or Costco

Walnuts get from Costco

All-purpose flour

[Arrowroot](#) get mine from ThriveMarket

Baking powder

Gluten free pancake mix (like Birch Benders) from ThriveMarket

Cashews dry roasted (Costco)

Tamari

Almond butter (Thrive Market)