

WEEK FOUR

Weekly meal plan

S	Creamy beet soup Dill chicken salad		
M	Sauteed spinach with egg and sweet potato toast	Soup and/or salad or left-overs	Beef and butternut squash Cauliflower rice
T	Banana pancakes	Soup and/or salad or left-overs	Stir fry beef with cabbage
W	Sauteed spinach with egg and sweet potato toast	Soup and/or salad or left-overs	Left-overs
T	Banana pancakes	Soup and/or salad or left-overs	Chicken piccata with artichokes and spinach
F	Sauteed spinach with egg and sweet potato toast	Soup and/or salad or left-overs	Salmon cakes Chocolate banana "ice cream"
S	Banana pancakes	Turkey club wrap	

shopping list

PRODUCE	CANNED GOODS	FROZEN
Bananas Butternut squash Carrots Cauliflower Celery Cole slaw mix Lettuce Baby spinach Scallions Sweet potatoes Onions	Artichokes Coconut milk Mayonnaise Beef stock Chicken stock	Cauliflower rice
MEAT	BAKING	OTHER
Chuck roast Ground beef Chicken breasts Eggs Sliced turkey or chicken (for salad)	Almond flour Arrowroot flour Dill Baking soda Rosemary Thyme Sage Sea Salt Parsley Garlic Powder Coconut aminos Coconut sugar Olive Oil	