

Menu

Monday

Carrot-Ginger Salad with Baked Salmon
(Page 131)

Tuesday

Texas Brisket Chili
(Page 156)

Wednesday

Brussels Sprout Salad with Honey-Mustard Vinaigrette
(Page 127)

Thursday

Curried Beef-Stuffed Acorn Squash
(Page 187)

Friday

Greek-Style Meatloaf
(Page 169)



Grocery List

PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 2 Large Carrots | <input type="checkbox"/> 1 Medium Green Bell Pepper | <input type="checkbox"/> 1 [2-in] Piece Fresh Ginger |
| <input type="checkbox"/> 12 oz Brussels Sprouts, Shaved
(See Note in Brussels Sprout Salad Recipe) | <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 Head Green Leaf Lettuce |
| <input type="checkbox"/> 4 Campari Tomatoes | <input type="checkbox"/> 10 Garlic Cloves | <input type="checkbox"/> Baby Arugula |
| <input type="checkbox"/> 6 Radishes (2 Optional for Serving with Chili) | <input type="checkbox"/> 2 Green Onions
(Optional for Serving with Chili) | <input type="checkbox"/> Fresh Mint Leaves |
| <input type="checkbox"/> 2 Medium Acorn Squash | <input type="checkbox"/> 1 Large Shallot | <input type="checkbox"/> Fresh Flat-Leaf Parsley Leaves |
| <input type="checkbox"/> 1 Granny Smith Apple | <input type="checkbox"/> 3 Medium Yellow Onions | <input type="checkbox"/> Fresh Cilantro Microgreens
(Optional for Serving with Squash) |

PANTRY ITEMS

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|---|---|--|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Tomato Paste |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Tomato Sauce |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Dried, Unsweetened Cranberries | <input type="checkbox"/> 1 [14.5-oz] Can Diced Fire-Roasted Tomatoes |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Loosely Chopped Walnuts | <input type="checkbox"/> 1 [14.5-oz] Can Diced Tomatoes |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1 Jar/Can Mild Roasted Green Chiles |
| <input type="checkbox"/> 2 Dried Bay Leaves | <input type="checkbox"/> Fish Sauce (I use Red Boat) | <input type="checkbox"/> 1 [15-oz] Can Pinto Beans (Omit for Whole30, Paleo) |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> 1 [32-oz] Low-Sodium Beef Broth |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Crumbled Goat Cheese (Omit for Whole30, Paleo, Dairy-Free) |
| <input type="checkbox"/> Chipotle Chili Powder | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Crumbled Feta Cheese (Omit for Whole30, Paleo, Dairy-Free) |
| <input type="checkbox"/> Ground Cinnamon | <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Sour Cream (Optional for Serving with Chili; Omit for Whole30, Paleo, Dairy-Free) |
| <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> Honey | <input type="checkbox"/> Shredded Mild Cheddar Cheese (Optional for Serving with Chili; Omit for Whole30, Paleo, Dairy-Free) |
| <input type="checkbox"/> Curry Powder | <input type="checkbox"/> Dijon Mustard | |
| <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Stone Ground Mustard | |

PROTEINS

- | | | |
|---|--|--|
| <input type="checkbox"/> 4 [6-8 oz] Center-Cut Salmon Fillets | <input type="checkbox"/> 1 lb Ground Beef (85% Lean) | <input type="checkbox"/> Shredded Chicken (Rotisserie or See Page 279) |
| <input type="checkbox"/> 3 lb Flat Cut Brisket | <input type="checkbox"/> 1 lb Ground Lamb | <input type="checkbox"/> 2 Large Eggs |
| <input type="checkbox"/> 1 lb Ground Beef (95% Lean) | | |

