

Menu

Adjust Recipes to Serve 4 if Not Already

Monday

Creamy Cauliflower Green Curry Soup
(Page 54)

Tuesday

Chicken Paillard Salad with
Thai Basil Green Goddess
(Page 35)

Wednesday

Salmon al Pastor with Roasted Zucchini
(Page 176 and 195, Omitting the Parmesan)

Thursday

Panang Curry-Inspired Chicken Meatballs
with Cauliflower Rice
(Page 161)

Friday

Steak au Poivre with
Little Gem Salad with Lemon Dressing
(Page 112 and 204)



Grocery List

Ingredients Adjusted for all Recipes to Serve 4

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 5 Large Shallots | <input type="checkbox"/> 5 Lemons | <input type="checkbox"/> 2 Heads Butter Lettuce |
| <input type="checkbox"/> 1 Small Red Onion | <input type="checkbox"/> 3 Limes | <input type="checkbox"/> 1 Serrano Pepper |
| <input type="checkbox"/> 1 Bunch Green Onions | <input type="checkbox"/> 1 Orange | <input type="checkbox"/> Red or Watermelon Radishes |
| <input type="checkbox"/> About 2 Heads of Garlic (15 Cloves Needed) | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Fresh Thyme Leaves |
| <input type="checkbox"/> Fresh Ginger | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 2 Bunches Fresh Cilantro Leaves |
| <input type="checkbox"/> Cauliflower Florets or One Large Head (4 Cups Florets Total) | <input type="checkbox"/> 1 Large Stalk Lemongrass | <input type="checkbox"/> 3 Bunches Fresh Thai Basil (Sub Regular Basil) |
| <input type="checkbox"/> 2 Large Zucchini | <input type="checkbox"/> Little Gem Lettuce (Or Lettuce of Your Choice; 6 Cups Total) | <input type="checkbox"/> Riced/Prepared Cauliflower Rice (Sub Frozen) |

PANTRY ITEMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Coconut Aminos |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Chile Powder | <input type="checkbox"/> Creamy Almond Butter |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Dijon Mustard |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Ground Cinnamon | <input type="checkbox"/> Anchovy Paste (Sub Anchovy Filets) |
| <input type="checkbox"/> Distilled White Vinegar | <input type="checkbox"/> Coriander Seeds | <input type="checkbox"/> Green Curry Paste (I like Mae Ploy brand) |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> Thai Red Curry Paste (I like Mae Ploy brand) |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Low-Sodium Beef Broth |
| <input type="checkbox"/> Freshly Ground Black Pepper | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Low-Sodium Vegetable Broth |
| <input type="checkbox"/> Whole Black Peppercorns | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Low-Sodium Chicken Broth |
| <input type="checkbox"/> Ancho Chile Powder | <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> 3 [14-oz] Cans Unsweetened Full-Fat Coconut Milk |

PROTEINS

- | | |
|---|--|
| <input type="checkbox"/> 2 Large Eggs | <input type="checkbox"/> 2 lb Ground Chicken Thighs |
| <input type="checkbox"/> 4 Filet Mignon Steaks (6-8 oz each) | <input type="checkbox"/> 4 Center-Cut Salmon Fillets (6-8 oz each) |
| <input type="checkbox"/> 4 Boneless, Skinless Chicken Breasts (about 8 oz each) | |

