



# 7-DAY MEAL GUIDE

moms into fitness  
with lindsay brin



## START HERE

*In today's age it's hard to get a quality meal on the table every. single. night. As a mom, fitness professional and educator, I am often asked;*

***“What kind of food should I eat – and my family too?”***

***“How do I prepare wholesome meals without cutting out dairy, sugar, grains and taste?”***

***“During pregnancy, or while breastfeeding, what should I change in my diet?”***

*To help you answer these questions, and give your body the energy it needs, our Registered Dietitian has created this meal guide – specifically for moms!*

*Inside you will find homemade recipes, shopping lists and fun, time saving recipes to fuel your day (and week)! There are plenty of ways to make it work for you, and our goal is to provide a framework to take beyond these 7 days. We hope you enjoy what we've put together!*

*- Lindsay*

### DAY ZERO

It's important you prepare a few things ahead of time. That way, you reach for the wholesome foods instead of the processed foods. Set aside 1-2 hours before your week begins. Day Zero happens to be Sunday in my house. Use your Day Zero to prep for the week and cook tonight's dinner!

### PREPARATION

**Prepare Homemade Sauces & Dressings** – Don't have the time? We provide store bought options as well.

**Prepare Secret Recipe Protein Balls** – You will find this delicious recipe in the snack section.

**Wash and dry all fruits and vegetables** – So it is ready when you need it!

#### Prepare Two Jar Salads

Citrus Jar Salad: Layer from bottom to top in a jar (or plastic ware with a lid) – 1 clementine, separated + 2 Tbsp. dried cranberries + 2 Tbsp. sliced almonds + 2 cups spinach/Romaine lettuce.

Jar Salad: Layer from bottom to top in a jar (or plastic ware with a lid) – ¼ cup canned black beans, rinsed + chopped tomatoes + chopped red pepper + 2 cups spinach/Romaine lettuce.

**Prepare Slow Cooker White Chicken Chili** – this will be dinner for Day Zero and your leftovers will serve as a lunch item this week. Slow Cooker White Chicken Chili Recipe

4 skinless, boneless chicken breasts + 3 cups water + 1 medium onion, chopped + 3 – 16 ounce cans Great Northern Beans, rinsed + 2 celery ribs, chopped + 3 – 4 ounce cans green chiles + 1 cup chicken broth + 1 tsp cumin + 1 bay leaf + ½ tsp salt.

**Step 1** – Spray Slow Cooker with Olive Oil. Place chicken breasts inside the Slow Cooker, topped with remaining ingredients, except 1 can Great Northern Beans. Cover and cook on low 4-6 hours or high for 2-4 hours.

**Step 2** - Remove the chicken breasts and place on cutting board. Remove bay leaf and discard. Cut chicken into cubes and set aside.

**Step 3** - Puree remaining can of beans until smooth. Transfer bean puree to Slow Cooker. Option to add corn starch for added thickness.

Eat approximately 1 – 1 ½ cups, topped with cilantro and avocado.

## FRAMEWORK

### MEAL TIMING

Your goal is to have breakfast within a few hours of waking, followed by an a.m. snack, lunch, p.m. snack and dinner. If you are **intermittent fasting** - skip your p.m. snack and time your dinner to give the body enough time in the fasting state.

### DIETARY NEEDS

You will see a few symbols in this meal guide next to our dinner options. These stand for Gluten Free and Vegetarian.



### WATER INTAKE

**Don't forget to drink a lot of water!** Your body needs 9-10 cups of water (without exercise). Plus one cup for every 15 minutes of exercise. If you are pregnant, you need 10 cups of water. And if you are breastfeeding you need about 16 cups of water. Keep in mind that 20% of water intake comes from food.

### HOMEMADE IS BEST

Depending on your season of life, you might welcome the words "from scratch" or you might throw yourself into a tizzy trying to find the extra time. So we have provided store bought and homemade options.

### PREGNANCY AND BREAST FEEDING

During pregnancy and while breastfeeding your body needs more calories. Typically this means adding 350-450 calories per day (in the 2nd & 3rd trimester + while breastfeeding). To meet your needs using this meal plan, you can follow the same meal guide but you will want to use the pregnancy and breastfeeding snacks found on page 11. For more information on pregnancy and breastfeeding, use the **Pregnancy Nutrition 411** and **New Mom Needs**. While pregnant or breastfeeding, it is important you listen to your doctor and your body's hunger cues. If you feel hunger, add more fruits and vegetables, or a healthy smoothie. Your body is extremely intelligent (it nurtures your baby without you commanding it do so)! Therefore it's important you listen to your body.

## DAY ONE

## BREAKFAST

**Avocado Toast:** 1 slice whole wheat bread, toasted + 1/2 slice avocado. Place avocado on top of toast. Serve with 1 cup blueberries or raspberries.

## LUNCH

**Citrus Jar Salad:** using your prepped salad, add citrus dressing and shake to mix.

## DINNER

**Homemade Cod Fingers:** 1 pound wild halibut or pacific cod filets, cut into approx 16 strips (fresh, wild caught is best) + 1 1/2 cups whole wheat breadcrumbs + 1 tsp lemon pepper + 1/2 tsp garlic powder + 1/4 tsp salt + 1/4 cup Extra Virgin Olive Oil + 4 cups spinach + 1-2 garlic cloves, smashed + 1 Tbsp. coconut oil.

**Step 1** - Combine 1 cup breadcrumbs, lemon pepper, garlic powder and salt and finely ground in a shallow dish.

**Step 2** - In a second shallow dish place 1/2 cup whole wheat flour. In a third dish pour 1/4 cup Extra Virgin Olive Oil (or oil of choice).

**Step 3** - Take fish strip, dip in dishes 3, 2, then 1. Repeat for all 16 strips. Place on baking rack and cook at 450 F for about 10 minutes.

**Step 4** - Saute 4 cups of spinach leaves, 1 Tbsp. Coconut Oil and 1 clove garlic in a sauce pan for 3-5 minutes, or until spinach is soft.

Makes 4 servings. Eat 4 ounces (approx 4 slices) + 1/2 cup cooked spinach

## SNACKS

Choose one morning and one afternoon snack (found on page 11)

GF

Replace whole wheat breadcrumbs with 1 cup crushed flaxseed cereal. Replace whole wheat pasta with 2 cups cooked spaghetti squash.

V

**Homemade cod fingers:** 1 cup heart of palm (usually comes with 6) + 1 cup whole wheat breadcrumbs + 1 tsp lemon pepper + 1/2 tsp garlic powder + 1/4 tsp salt + 1/4 cup Olive oil. In one shallow dish place Olive oil. In second shallow dish combine breadcrumbs, lemon pepper, garlic powder, and salt. Place the heart of palm into food processor, pulse until it just begins to shred. Form heart of palm into a "stick". Dip "stick" into olive oil then breadcrumb mix. Place on baking rack and cook at 375 F about 20 minutes. Serve with 1 cup sautéed spinach (saute in saucepan 3-5 minutes in coconut oil and garlic until spinach is soft) and 1 cup whole wheat pasta topped with 1 Tbsp marinara sauce (homemade\*).

## DAY TWO

**DAILY PREP**

Cook brown rice according to package directions, you will need 3 cups cooked rice. Add a dash of Pink Himalayan Salt to cooking rice. Cook 1 onion, finely chopped, in 1 Tbsp. coconut oil or EVOO until translucent. Refrigerate rice and onion until dinner time.

**BREAKFAST**

**Yogurt Parfait:** 1 medium apple, cubed + 1/2 cup blueberries + 1 tsp honey drizzled + 1/4 cup granola + 1 Tbsp sliced almonds + 6 ounce yogurt. Layer as parfait.

**LUNCH**

**White Chicken Chili leftovers:** Heat 1 1/2 cups white chicken chili and top with shredded cheese and/or 2 avocado slices.

**DINNER**

**Simple Stir-Fry:** 1 Pan Stir-Fry: 1 bag fresh broccoli/carrot vegetable mix + 2 eggs + 1/2 cup cashews + 3 breasts chicken + 3 cups cooked brown rice + 1 onion, finely chopped + 3 Tbsp. coconut aminos (a healthy alternative to soy sauce)+ 1 Tbsp. coconut or olive oil + dash salt.

**Step 1** - Cook eggs, set aside.

**Step 2** - Cook chicken, set aside.

**Step 3** - Place vegetables in pan, cover until slightly soft, about 5-6 minutes.

**Step 4** - Place all ingredients back into pan, including the brown rice and onions. Add coconut aminos and cashews, cook until warmed through.

Makes 5 servings. Eat approximately 2 cups.

**SNACKS**

Choose one morning and one afternoon snack (found on page 11)

GF

This meal is gluten free. If using soy sauce instead of coconut aminos, choose gluten free soy sauce.

V

Replace 2 cups cooked chicken with 2 cups firm tofu, cubed.

## DAY THREE

**DAILY PREP**

We have a few options this evening; baked potato, baked sweet potato or brown rice. If you are short on time, choose the brown rice option or bake your potatoes early.

**BREAKFAST**

**Oatmeal:** 3/4 cup oatmeal + 1 cup almond milk + 10 almonds + 1 medium apple, diced. To boost nutrition, sprinkle ground flaxseed or hemp hearts on top.

**LUNCH**

**Leftover Cod Salad or Tuna Salad:** 4 ounces leftover cod or 3 ounce can of tuna, shredded + 2 Tbsp mayonnaise + chopped celery + garlic powder, salt, pepper or seasonings of choice. Serve with sliced cucumbers and whole grain crackers.

**DINNER**

**Piece Meal 10 minute Prep + 45 minute cooking time:** 12 ounces sirloin steak, cooked as desired + 4 cups steamed broccoli + 4 small baking potatoes or sweet potatoes.

**Step 1** - Poke holes in potatoes, place on baking sheet and cook in oven for 45 minutes at 425.

**Step 2** - During the last 10 minutes, cook steak as desired and steam broccoli. Season with Sea Salt and pepper.

Makes 4 servings. Eat 1 baked potato or sweet potato, 4 ounces steak, and 1 cup broccoli. Piece Meal 10 minutes flat: For less cooking time, instead of the potatoes prepare brown rice cooked with chicken broth and seasoned with garlic salt.

**SNACKS**

Choose one morning and one afternoon snack (found on page 11)

GF

This meal is gluten free.

V

1/2 cup cooked couscous or whole wheat pasta + 4 ounces tempeh + 1/4 cup marinara sauce + 1 cup steamed broccoli

## DAY FOUR

## DAILY PREP

You will be using your Slow Cooker for dinner. Prepare dinner 6-8 hours a head of time.

## BREAKFAST

**Microwave Mug Eggs:** 2 eggs + 1/4 cup diced peppers + 2 Tbsp diced onions + 2 Tbsp shredded cheese. Combine in microwave-safe mug and whisk with a fork. Microwave approx 2 minutes, or until eggs are fluffy. Serve with an orange.

## LUNCH

**Deli Sandwich:** 5 slices deli meat + 1/2 avocado, cubed + 1/2 plum tomato, sliced + 1 ounce fresh mozzarella (thick slice). Combine and drizzle with olive oil and sea salt. (If you are pregnant, replace deli meat with cooked chicken or heat your deli meat)

## DINNER

**Crockpot Tacos with Homemade Seasoning:** 2 pounds lean ground beef, uncooked + Homemade taco seasoning\* + 1/4 cup red bell pepper, minced + 1 cup canned crushed tomatoes + 8 corn taco shells or 8 soft 4" tortillas + toppings (tomatoes, shredded cheese and avocado).

**Step 1** - Place all ingredients in a Slow Cooker and cook on low 6-8 hours. Serve on 8 corn taco shells, or soft 4" tortillas.

Makes 4 servings. Eat 2 taco shells topped with 1/8 avocado, 2 Tbsp shredded cheddar, 1 plum tomato, diced.

## SNACKS

Choose one morning and one afternoon snack (found on page 11)

GF

Serve on corn taco shells, soft corn tortilla or lettuce leaf instead of flour tortilla.

V

2 large portobello mushrooms (stems removed and sliced into 1/2-inch cubes) + Homemade Taco Seasoning\* + 1/4 cup red bell pepper, minced + 1 cup canned crushed tomatoes. Coat cooking pan with olive oil and add taco seasoning with a small amount of water. Cook mushrooms until tender. Serve on 2 corn taco shells. Top with 1/8 avocado, 2 Tbsp shredded cheddar, 1 plum tomato, diced.

## DAY FIVE

**DAILY PREP**

Cook 2 chicken breasts as desired. Then shred the chicken and store in refrigerator.

**BREAKFAST**

**Smoothie:** 4 ounces almond milk + 1 banana + 5 strawberries. Blend together. To boost nutrition, add hemp hearts or ground flaxseed.

**LUNCH**

**Jar Salad & Soup:** Using your prepped jar salad, add salsa, 1/2 cup cooked, shredded chicken and shake to mix. Heat 1 cup of White Chicken Chili, top with cilantro and avocado slices.

**DINNER**

**Pizza Pronto:** Cauliflower Pizza Crust + sliced tomatoes or homemade pizza sauce\* + 1 cup cooked, shredded chicken + 1 cup broccoli, chopped + 1/4 cup chopped onions, caramelized + 1 cup shredded mozzarella.

**Step 1** - Layer ingredients on crust and bake according to package. Cut into 8 slices.

**Step 2** - Prepare 4 cups mixed spinach/romaine lettuce with our homemade recipe Citrus salad dressing\*.

Makes 4 servings. Eat 2 slices. Serve with 1 cup mixed salad with 1 Tbsp citrus salad dressing.

**SNACKS**

Choose one morning and one afternoon snack (found on page 11)

GF

This meal is gluten free.

V

Replace shredded chicken with 1/2 cup feta cheese, crumbled.



## DAY SIX

## BREAKFAST

**Avocado Toast:** 1 slice whole wheat bread, toasted + 1/2 slice avocado. Place avocado on top of toast. Serve with medium apple, sliced.

## LUNCH

**Naan Pizza:** 1 mini naan + 1/4 cup crushed tomatoes + artichoke hearts + olives + 1 ounce fresh mozzarella (torn into pieces). Layer as pizza, heat through or toast in toaster oven.

## DINNER

**Ranch Chicken Strips & Green Beans:** 3 chicken breasts cut into approx 12 strips + 1 cup Ranch dressing (store-bought or homemade\*) + 1 cup whole wheat breadcrumbs + 1/4 cup parmesan cheese.

**Step 1** - Place ranch dressing into one bowl. In a second dish place breadcrumbs and parmesan cheese, mixed.

**Step 2** - Coat chicken strips in ranch dressing then dredge through breadcrumb/cheese mix. As you finish each chicken strip place on half of baking sheet sprayed with cooking spray.

**Step 3** - On other half of baking sheet place 4 cups fresh green beans and drizzle with 1 Tbsp Olive oil. Do not let chicken and produce touch.

**Step 4** - Bake at 350 until chicken is golden brown, about 15-17 minutes, turning chicken strips over about half way through.

Makes 4 servings. Eat 3 chicken strips and 1 cup green beans.

## SNACKS

Choose one morning and one afternoon snack (found on page 11)

GF

**Ranch Chicken Fingers:** 12 chicken tenders + 1 cup, gluten-free, ranch dressing (ie: Newmans & Hidden Valley) + 1 cup crushed flaxseed cereal + 1/4 cup parmesan cheese. Prepare as described above.

V

Tempeh, sliced + 4 Tbsp olive oil + 1 cup whole wheat breadcrumbs + 1/4 cup parmesan cheese. Coat tempeh in ranch dressing then dredge through breadcrumb/cheese mix. Bake at 350 for 15-17 minutes, or until golden brown. Serve with side of fresh green beans.

## DAY SEVEN

## DAILY PREP

Thaw shrimp in refrigerator, or according to package directions.

## BREAKFAST

**Microwave Mug Eggs:** 2 eggs + 1/4 cup diced peppers + 2 Tbsp diced onions + 2 Tbsp shredded cheese. Combine in microwave-safe mug and whisk with a fork. Microwave approx 2 minutes, or until eggs are fluffy. Serve with 1 medium apple topped with 1 Tbsp peanut butter

## LUNCH

**Toast & Fruit:** 2 slices whole wheat bread + 1 Tbsp almond butter + 1/2 banana, sliced + handful blueberries + 6 ounces plain Greek yogurt. Toast bread and top with almond butter. Layer fruit onto yogurt and eat as a parfait.

## DINNER

**Shrimp Spread:** 1-1/2 pounds shrimp (thawed) + 1 yellow pepper, sliced + 1 red pepper, sliced + 1 orange bell pepper, sliced + 1 small onion, sliced + extra-virgin olive oil.

**Step 1** - Toss shrimp with garlic powder, onion powder, and ground cumin for flavor. Spread shrimp on one half of large baking pan and drizzle with olive oil.

**Step 2** - Place peppers and onions on other half of sheet. Bake at 450 for 7-11 minutes. Shrimp should be pink, firm and cooked through.

**Step 3** - Serve shrimp, peppers, and onions in large romaine lettuce wraps. Makes 4 servings. Eat 6 ounces shrimp (approx 8-10 shrimp) with pepper & onion mix on 2 large lettuce leaves.

## SNACKS

Choose one morning and one afternoon snack (found on page 11)

GF

This meal is gluten free.

V

**Zucchini Boats:** 4 large zucchini + 1, 15-ounce can black beans, drained and rinsed + 1 cup cooked brown rice + 1 cup salsa + 1 red pepper, sliced + 1/2 red onion, diced + 1/2 cup corn (frozen is fine) + 2 Tbsp taco seasoning + 1 cup shredded Mexican cheese. Preheat the oven to 400 F. Slice each zucchini in half lengthwise, hollow out the middle with a spoon to create the "boat." Brush a small amount of olive oil on each one and place in baking dish. In skillet, first saute onions and peppers. Next add the rice, corn, beans, salsa, and taco seasoning. Spoon the bean mix into each zucchini boat and sprinkle with cheese. Cover with foil and bake 25 minutes. Makes 4 servings. Eat 2 boats.

## SNACKS

1/4 cup hummus + 3 celery ribs + 3 carrots

1 peach, 1 banana or 1 cup of berries (strawberries, blueberries, or raspberries)

### Secret Recipe Protein Balls

4 cups pitted, dried dates + 2-1/4 cups raw cashews + 1 Tbsp. vanilla. Mix in food processor. Roll into 1-inch balls. Store in refrigerator. Makes approx. Makes approximately 30. Eat 2.

15 grapes + 1 ounce fresh mozzarella cheese

1 peach, 1 banana or 1 cup of berries (strawberries, blueberries, or raspberries)

### Ants on a Log

Take 2 celery stalks and cut in half (for a total of 4 "logs"). Spread 1/2 Tbsp almond butter on each piece (for a total of 2 Tbsp). 1 Tbsp raisins placed on top.

## PREGNANCY AND BREASTFEEDING SNACKS

### Snack Plate

4, 1-inch sharp cheddar cheese cubes + 14 raw almonds + 4 slices jicama + 3 pieces broccoli

### Almond Milk Smoothie

16 ounces unsweetened Almond milk + 1/2 cup strawberries, sliced + 1/2 banana, sliced + 2 Tbsp powdered peanut butter. Blend all ingredients for a smoothie.

### Oats, Fruit and Almonds

1 cup oats + 1 cup milk + 1/2 cup blueberries + 1/4 cup almonds. Serve in a bowl, heat if preferred.

### Mini Sandwiches

2 slices whole wheat bread (cut each slice into 4 pieces) + 2 Tbsp hummus + 3 slices cucumber + 4 slices tomato. Layer bread, hummus, cucumber, tomato, bread and serve as mini sandwiches. Serve with a glass of milk.

### PB&A

1 large apple, thinly sliced + 2 Tbsp almond butter (spread evenly among slices) + 1/4 cup granola. Sprinkle granola over slices covered in almond butter.

### Soup

2 cups broth-based, low-sodium, soup with whole wheat crackers.

### Baked Potato

1 medium potato + 2 Tbsp chopped broccoli + 1/4 tsp crushed red pepper + 2 Tbsp Parmigiano-Reggiano cheese. Cook potato and top with broccoli, red pepper and cheese.

### Pink Power Smoothie

1/2 banana + 1 beet (I prefer a 2-3 slices from canned beets) + 1 cup strawberries, frozen or fresh + 1 cup Greek yogurt + 1 Tbsp honey + 1 cup ice. Blend all ingredients for a smoothie.

## HOMEMADE RECIPES

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### **Homemade Taco Seasoning**

1 Tbsp. chili powder  
 1-1/2 tsp cumin  
 1 tsp oregano  
 1 tsp salt  
 1/2 tsp garlic powder  
 1/2 tsp onion powder  
 optional crushed red pepper  
 Combine all ingredients. I also like to quadruple this batch and put it in a season shaker for later use.

### **Homemade Pizza Sauce**

3-15 ounce cans crushed tomatoes  
 3 cloves fresh garlic, minced  
 2 Tbsp. olive oil  
 1 tsp dried oregano  
 8 fresh basil leaves, chopped  
 1/2 cup chicken broth  
 Cook onions and olive oil in saucepan until softened. Add chicken broth and cook for 2-3 minutes. Add crushed tomatoes and seasonings. Cook over low heat for 30 minutes. If you like a thinner sauce pulse in food processor or blender until you reach desired consistency. Store in refrigerator.

### **Homemade Citrus Dressing**

2 Tbsp. orange juice  
 2 Tbsp. lemon juice  
 3 Tbsp. honey  
 2 tsp Dijon mustard  
 1/2 tsp sea salt  
 1/2 cup olive oil  
 Combine ingredients in food processor and puree.  
 Store in refrigerator.

### **Homemade "Ranch" Dressing**

3/4 cup sour cream or plain Greek yogurt  
 1/4 cup milk  
 1/2 tsp white distilled vinegar  
 1 Tbsp dried chives  
 1 Tbsp dried parsley  
 1/2 tsp garlic powder  
 1/2 tsp onion powder  
 1/2 tsp pepper  
 1/2 tsp Pink Himalayan Salt  
 pinch of cayenne (optional)  
 Mix Greek yogurt, milk and vinegar and set aside at room temperature for 10 minutes. Combine dry ingredients, grind in a food processor. Mix wet and dry ingredients, store in refrigerator. For a sweeter taste, add 3 Tbsp. mayonnaise.

## SHOPPING LIST

\*Please note this list includes all of the items in the standard meal plan. If you are pregnant, breastfeeding, vegetarian or gluten free, add your items to this list.

**DAIRY**

- Almond milk
- Eggs - 1 dozen
- Greek yogurt - 6 ounces, Plain
- Mozzarella cheese - 1 - 8 ounce chunk, Fresh
- Mozzarella - 8 ounces, shredded
- Parmesan cheese - Grated or shredded (1/4 cup, fresh)
- Plain Greek yogurt - 1 - 6 ounce
- Shredded cheese - 8 ounces, your preference

**DELI**

- Deli meat - 5 slices

**FROZEN**

- Cauliflower pizza crust
- Shrimp - 1 1/2 pounds (24 ounces), peeled and deveined, ingredient list should only read shrimp

**PRODUCE**

- Apples (Medium) - 4
- Artichoke hearts - 1 jar
- Avocados - 4
- Baking potatoes (or sweet potatoes) - 4 small
- Bananas - 2
- Blueberries - 3-1/4 cups (or 1-1/4 cups blueberries and 2 cups raspberries)
- Broccoli - 5 cups
- Carrots - 3
- Celery (1 - bunch)
- Cilantro (1 - bunch)
- Clementine - 1
- Cucumber - 1
- Dried cranberries (2 tbsp)

- Broccoli/carrot vegetable mix - Fresh; 1 bag
- Garlic - 2-3 Cloves, fresh
- Grapes, 1 lb.
- Green beans - Fresh; 4 cups
- Olives
- Onions - 5
- Orange - 1
- Peach - 1
- Peppers - 1 red, 1 orange, 1 yellow, 1 green
- Plum tomatoes - 8-10
- Romaine lettuce - 3 heads
- Spinach - Fresh; 6 cups
- Strawberries - 5

**GRAINS**

- Brown Rice (1 pkg.), quick cooking
- Minute Rice as the same nutrient properties as brown rice
- Corn taco shells or 4" soft tortillas (8)
- Granola
- Ground flaxseed or hemp hearts (this is added to smoothies)
- Mini naan's - (1 pkg.), whole wheat is best
- Oatmeal, Old-Fashioned rolled oats or plain quick cooking oats
- Whole grain crackers (1 pkg.)
- Whole wheat bread - 1 loaf
- Whole wheat bread crumbs - 20+ ounces

**MEATS**

- Chicken breasts - 12; skinless, boneless
- Lean ground beef - 2 pounds
- Sirloin steak - 12 ounces or 4 ounces

- per adult and 2 ounces per child
- Tuna, canned (3 oz.)
- Wild halibut or Pacific Cod filets - 1 pound, fresh, wild-caught is best

**SEASONINGS**

- Bay leaves
- Chicken broth - 8 ounces
- Coconut aminos
- Coconut oil
- Cooking spray
- Cumin
- Extra Virgin Olive oil
- Garlic powder
- Lemon pepper
- Mayonnaise
- Onion powder
- Pepper
- Salt, our recipes use Pink Himalayan

**OTHER**

- Almonds (1 pkg.), sliced, raw
- Almond butter
- Black beans - 1 (16 ounce can)
- Cashews (1/2 cup)
- Crushed tomatoes (1 - 8 ounce can)
- Green chiles - 3 (4 ounce cans)
- Honey
- Hummus (1/4 cup)
- Raisins
- Peanut butter, powdered
- White beans - 3 (16 ounce cans), preferably Great Northern Beans
- If you prefer store bought over the homemade dressings and sauces; add ranch dressing, honey sesame dressing, pizza sauce and taco seasoning to this list.

## SHOPPING LIST FOR HOMEMADE RECIPES

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Your fresh ingredient must-haves! If you have time to make our fresh homemade recipes, use this additional list when grocery shopping.

### DAIRY

- Milk (1/4 cup)
- Sour cream or plain Greek yogurt - 6 ounces

### OTHER

- Basil leaves - Fresh (at least 8 leaves)
- Cayenne (optional- pinch)
- Chicken broth - 4 ounces
- Chili Powder
- Chives, our recipe uses dried chives
- Crushed red pepper (optional)
- Crushed tomatoes - 3 (14 ounce cans)
- Dijon mustard
- Garlic - 3 cloves, fresh
- Lemon juice
- Orange juice
- Oregano, our recipe uses dried oregano
- Parsley, our recipe uses dried parsley
- Vinegar - distilled