Lean & Mean Grocery List

Veggies

1 bag spinach

2 avocados

6 cloves garlic

1 red pepper

2 onions

Meat

1 rotisserie chicken, cooked

9 boneless skinless chicken breasts

1 pound ground beef

Conned Goods

4 cups Chicken Broth

3 cups chicken bone broth

1 cup vegetable broth

1 cup tomato juice

2 cans salsa

1 can corn

3 cans white beans

2 can black beans

1 can diced green chilies

1 can diced tomatoes

Dried Goods

3 tbsp raw honey

3 tbsp coconut aminos

1 tbsp rice vinegar

Olive oil

Spices

Ground ginger

Chili powder

Ground cumin

Paprika

Dried oregano

Taco seasoning

Frozen

2 cups corn

1 bag broccoli

Spicy Chicken and Spinach Soup

Servings: 4 bowls

INGREDIENTS

4 CUPS CHICKEN BROTH
1 CUP SALSA
2-3 TBSP HOMEMADE TACO SEASONING
1 CAN CORN
½ BAG FRESH SPINACH
1 ROTISSERIE CHICKEN, PULLED
2 AVOCADO



DIRECTIONS

STEP 1: In a large pot, boil broth and salsa. Add remaining ingredients (except avocado).

STEP 2: Simmer 10 minutes, serve. Top with ¼ avocado. Makes 4 servings.

You can prepare in a Slow Cooker by using a raw whole young chicken. After chicken is cooked discard the bones and use the chicken broth.





Replace chicken with grilled tofu and chicken broth with veggie broth.



Instant Pot White Chicken Chili

Servings: 6 Bowls

INGREDIENTS

1 TBSP EVOO

4 BONELESS, SKINLESS CHICKEN

BREASTS

1 MEDIUM ONION, DICED

2 CANS WHITE BEANS (GREAT

NORTHERN BEANS), DRAINED, RINSED

1 (7 OZ) CAN DICED GREEN CHILIES

2 GARLIC CLOVES, MINCED

2 TSP CHILI POWDER

1 1/2 TSP CUMIN

1 TSP DRIED OREGANO

3 CUPS CHICKEN BONE BROTH

1 CUP FROZEN CORN

1 BAG FROZEN BROCCOLI



DIRECTIONS

STEP 1: Add oil to the bottom of the pressure cooker then add chicken. Later remaining ingredients into cooker.

STEP 2: If using an Instant Pot, use the soup setting and cook for 40 minutes. You can also use this same recipe in a slow cooker, cooking on low for 6-8 hours.

STEP 3: Check that the chicken is cooked through, shred, then return to cooker.

STEP 4: Stir and enjoy!



Skip the chicken and add double the veggies. Add tomato and zucchini as well for an extra veggie kick.



Lean and Mean Chili with beans

Servings: 2-3 servings

RECIPE BOX

INGREDIENTS

1 LB. GROUND BEEF
1 CAN KIDNEY BEANS, RINSED
1 CAN BLACK BEANS, RINSED
1 CAN DICED TOMATOES
1/2 ONION, DICED
1 RED PEPPER, DICED
3 CLOVES GARLIC, MINCED
1 CUP VEGETABLE BROTH
1 CUP TOMATO JUICE
1 TBSP OLIVE OIL
2 TBSP CHILI POWDER
1/2 TSP CUMIN
1 TSP PAPRIKA



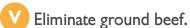
DIRECTIONS

STEP 1: In deep skillet add olive oil, garlic, red peppers and onion. Cook until onions are translucent. Remove from skillet, set aside.

STEP 2: Cook ground beef in skillet

STEP 3: Add chili powder and mix with ground beef. Add remaining ingredients, including the onion mix. Simmer covered for 30 minutes. Makes 8 servings.

GF This recipe is gluten free as written. Check all canned goods are Gluten Free.





Slow Cooker Salsa Chili

Servings: 6

3 BONELESS, SKINLESS CHICKEN BREASTS, HALVED (roughly 4 oz each after halving)

- 1 CAN RINSED BLACK BEANS
- 1 CAN CHUNKY SALSA
- 1 CUP FROZEN CORN



DIRECTIONS

STEP 1: Place all ingredients in a slow cooker.

STEP 2: Cook and cover until done, stirring occasionally. If salsa sticks to the liner or side of cooker, simply add a little water. Makes 6 servings



Substitute chicken with additional 1 cup lentils or beans.



Grilled Teriyaki Chicken

Servings: 2 portions

INGREDIENTS

2 BONELESS, SKINLESS CHICKEN BREASTS

3 TBSP RAW HONEY

3 TBSP COCONUT AMINOS

1 TBSP RICE VINEGAR

1/2 TSP GROUND GINGER

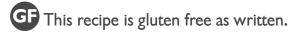
1 CLOVE GARLIC, MINCED



DIRECTIONS

STEP 1: Mix honey, coconut aminos, vinegar, ginger and garlic. Marinate chicken in mix for at least 1 hour (up to overnight). Cover and refrigerate.

STEP 2: Grill chicken on medium heat, usually 5-6 minutes each side.



Substitute zucchini slices or tofu slices in place of chicken breast.

