

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAK FAST	Dutch baby with fresh berries and whipped cream. Easier and healthier than pancakes! Recipe example here . (Use fresh berries instead of preserves or syrup)	Plain whole milk yogurt topped with with 1/4 c blueberries or strawberries, 2 Tbsp unsweetened shredded coconut and handful of raw pecans	Hardboiled egg sliced over or mashed into hummus on toast. Sprinkle with everything bagel seasoning. (Recipe example here)	Cottage cheese drizzled with a mix of peanut butter, milk (enough to thin), maple syrup, cinnamon, and topped with chopped nuts (ie raw walnuts)	Hardboiled egg mashed with cream cheese and avocado, spread on toast (Recipe example here)	Plain yogurt with curry powder (1/2 Tbsp per cup), a few drops of lime juice, stir together top with cashews and a dozen or so raisins	Milk shake, unshaken. 8 oz hot or cold coffee, with 2-3 ounces of cream and 8 ounces of whole milk optionally flavor with cacao powder or stevia drops
LUNCH	Peanut butter (or any nut butter) spread onto halved and pitted apple + glass of milk	Double stuff PBJ (spread PB on both slices of bread, jelly on one) + 1-2 cups of whole MILK	Turkey and Jack cheese sandwich with mustard and use the guacamole or an avocado as spread instead of may + 1-2 cups whole milk	The Best No Mayo Egg Salad (Recipe example here) + herbal tea, hot or iced, unsweetened	Ham and Swiss Sandwich with mustard and pickle slices and “side” of roasted/salted pistachios + milk	Veggies (i.e. carrot and celery and bell peppers) dipped into hummus Beverage: Low sugar kombucha (link to best brands)	Turkey and Jack cheese sandwich with mustard and use the guacamole or an avocado as spread instead of may + 1-2 cups whole milk
Optional Beverage Break	No or low sugar sparkling water (like Hint)	Herbal tea (naturally caffeine free) unsweetened	Black coffee, hot, unsweetened without creamer	Cold brew coffee, unsweetened and without cream or creamer	No or low sugar sparkling water	Herbal tea (naturally caffeine free) unsweetened	Cold brew coffee, unsweetened and without cream or creamer
DINNER	Rotisserie chicken + salad (fresh salad greens with sliced carrot and celery, instant dressing: olive oil, apple cider vinegar, salt, nutritional yeast, garlic powder) Dessert: Strawberries and whipped cream flavored with vanilla and slightly sweetened with sugar or stevia	Leftover chicken salad (made with celery, carrots, and dressing made with peanut oil, lime juice, and mustard in a 6 to 2 to 1 ratio) Dessert: Strawberries and whipped cream flavored with vanilla and slightly sweetened with sugar	Pork steak pan seared in butter and olive oil (as in this recipe) Sauted mushrooms and onions in butter (as in this recipe) to slather the steak in (instead of gravy) Steamed spinach (fresh or frozen) drizzled with garlic butter and pinch of nutmeg	Flat Taco-Thurs Melt Monterrey jack or cheddar cheese on toasted (or as-is) yellow corn tortilla. Top with precooked chorizo pork/chicken sausage sliced diagonally, and warm. Pour pico de gall or green and red salsa over sausage/cheese tortilla. (Eat with knife and fork) + side of steamed carrots and red bell pepper served with melted butter & plenty of salt	Creamy garlic shrimp with sun-dried tomatoes and basil (Recipe example here) serve over: Cauliflower mashed potatoes (recipe link here)	Stracciatella Italian egg drop soup with spinach (Recipe example here) and when I make it I add a cup of 5 cheese tortellini, extra carrots and a few tomatoes) Popcorn with coconut oil and curry powder (recipe example here)	Cheese Burgers Buttery chickpeas in rosemary Frozen peas fried in butter Popcorn with butter, salt, & nutritional yeast

SHOPPING LIST

This covers everything you need for the 1 week menu. It looks like a lot of stuff to buy but you probably have many of these already. Once you've stocked your pantry you'll be better prepared to make healthy foods for a long time to come.

PANTRY

- all-purpose white flour
- bread (your choice: sourdough, whole grain, sprouted grain i.e. Ezekiel)
- yellow corn tortillas
- popcorn, unpopped (pop in microwave with Salibree silicone popper)
- walnuts, raw (pieces or halves)
- pistachio dry roasted and salted
- cashew
- olive oil
- peanut oil
- coconut oil
- apple cider vinegar
- nutritional yeast
- garlic powder
- vanilla
- nutmeg
- cinnamon
- curry powder, yellow curries are a bit sweeter and less hot
- everything but the bagel seasoning
- Rosemary fresh or dried
- salt
- black pepper
- regular sugar
- maple syrup

SAUCES/CONDIMENTS/PRESERVES

- mustard
- hummus
- guacamole
- red salsa
- green salsa
- dill pickles

- peanut butter
- jelly
- raisins, small box
- 1 can garbanzos

BEVERAGES

- 1-2 kombucha
- coffee
- cold brew coffee (faster than brewing!)
- herbal tea
- sparkling water

PERISHABLES Dairy and Eggs

- 1 doz eggs (fresh or pre peeled and HB eggs)
- 1 pound butter
- 1 gallon milk
- 1 pint cream
- 1 pack Cream cheese
- 1 tub cottage cheese
- 8 oz Monterrey jack cheese slices or block and/or Cheddar cheese slices or block
- 8 oz Swiss cheese sandwich slices or block
- Small amount of parmesan cheese (a block that you grate tastes better than pre-grated)
- 1-2 quarts of Plain whole milk yogurt (Greek or Regular)

PERISHABLES Meats

- 1 rotisserie chicken
- 1 pack roast turkey deli/sandwich meat slices (nitrate free)

- 1 pack ham deli/sandwich meat slices (nitrate free)
- 1 pound ground beef 70 or 80% lean
- 1 pound pork steaks or chops, boneless (to save time) or bone in
- 1 pack precooked sausage, chorizo (pork, chicken etc does not matter)

PERISHABLES Fruits/Veggies Herbs

- strawberries
- blueberries
- 2 lime
- 1 lemon
- 2-3 avocado
- 1 apple
- 1 tub salad greens
- 1 large tub fresh spinach
- 1 stalk celery
- 1-2 pounds carrot
- 2-3 red bell pepper
- 1 small cauliflower
- 1 pack mushrooms
- 1 small bag onions yellow
- 1 onion red
- 1-2 fresh garlic cloves

FROZEN

- 1 bag Frozen baby green peas
- 1-2 pounds frozen cheese tortellini (don't get brands with bread crumbs listed before cheese on the ingredients panel)
- 1 pound Shrimp fresh or frozen

ADDITIONAL NOTES

USE THIS PAGE TO MAKE ADDITIONAL NOTES