

Day 1:
Simple Salmon and Asparagus Foil
Roasted Sweet Potato Chunks

Day 2:
Beef, Pepper, and Mushroom Kabobs
Simple Cucumber Salad

Day 3:
Pepper Grilled Chicken with Avocado
Pasta

Day 4:
Taco Salad

Day 5:
Skillet Chicken Legs & Tomatoes
Cabbage Steaks

Day 6:
Crockpot Cajun Sausage & Rice

Produce*:

- ☐ 1 lb asparagus spears – Day 1: Simple Salmon and Asparagus Foil
- ☐ 1 lb Brussel sprouts – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 3 small red onions
 - 1 small red onion – Day 1: Simple Salmon and Asparagus Foil
 - 1 small red onion – Day 2: Simple Cucumber Salad
 - 1/2 red onion – Day 4: Taco Salad
- ☐ 2 onions
 - 1 large onion – Day 6: Crockpot Cajun Sausage & Rice
 - 1 white onion – Day 5: Skillet Chicken Legs & Tomatoes
- ☐ 2 lemons
 - 1 lemon – Day 1: Simple Salmon and Asparagus Foil
 - 1 T lemon juice – Day 2: Beef, Pepper, & Mushroom Kabobs
- ☐ 2 medium sweet potatoes – Day 1: Roasted Sweet Potato Chunks
- ☐ 1 head garlic
 - 1 T minced garlic – Day 6: Crockpot Cajun Sausage & Rice
 - 2 cloves crushes and diced garlic – Day 5: Skillet Chicken Legs & Tomatoes
- ☐ 3 bell peppers
 - 1 medium green, red or yellow bell pepper – Day 2: Beef, Pepper, & Mushroom Kabobs
 - 1 red bell pepper – Day 5: Skillet Chicken Legs & Tomatoes
 - 1 green bell pepper – Day 5: Skillet Chicken Legs & Tomatoes
- ☐ 12 large button mushrooms – Day 2: Beef, Pepper, & Mushroom Kabobs
- ☐ 2 large cucumbers – Day 2: Simple Cucumber Salad
- ☐ 3 large zucchini or 1 package pre-spiraled – Day 3: Pepper Grilled Chicken with Avocado Pasta
- ☐ 2 T diced green onion – Day 3: Pepper Grilled Chicken with Avocado Pasta
- ☐ 1/2 c basil leaves
 - 1/4 c basil leaves – Day 3: Pepper Grilled Chicken with Avocado Pasta
 - 1/4 c basil leaves – Day 5: Skillet Chicken Legs & Tomatoes
- ☐ 1 T chopped parsley – Day 5: Skillet Chicken Legs & Tomatoes
- ☐ 3 avocados
 - 1 avocado – Day 3: Pepper Grilled Chicken with Avocado Pasta

- 2 large avocados – Day 4: Taco Salad
- 1 head romaine or lettuce of your choice – Day 4: Taco Salad
- 2 Roma tomatoes – Day 4: Taco Salad
- 1 medium head cauliflower or 1 package riced cauliflower – Day 6: Crockpot Cajun Sausage & Rice
- 1 head cabbage – Day 5: Cabbage Steaks

Meat/ Seafood:

- 4 (6 oz) salmon fillets – wild-caught is best – Day 1: Simple Salmon and Asparagus Foil
- 1 lb boneless top sirloin steaks – organic, grass-fed is best – Day 2: Beef, Pepper, & Mushroom Kabobs
- 4 boneless, skinless chicken breasts – organic, pasture-raised is best – Day 3: Pepper Grilled Chicken with Avocado Pasta
- 4 whole chicken legs, skin on – organic, pasture-raised is best – Day 5: Skillet Chicken Legs & Tomatoes
- 1 ½ lb ground beef – organic, grass-fed is best – Day 4: Taco Salad
- 1 ½ lbs uncured beef or turkey sausage links – organic, grass-fed or pasture-raised is best – Day 6: Crockpot Cajun Sausage & Rice

Dairy Section*:

- 3 T pasture butter – Day 1: Roasted Sweet Potato Chunks
- 1 c shredded goat cheddar or Manchego cheese – Day 4: Taco Salad

Dry Goods*:

- 9 T olive oil
 - 1 T olive oil – Day 1: Simple Salmon and Asparagus Foil
 - 2 T olive oil – Day 2: Beef, Pepper, & Mushroom Kabobs
 - 1 T olive oil – Day 3: Pepper Grilled Chicken with Avocado Pasta
 - 2 T olive oil – Day 6: Crockpot Cajun Sausage & Rice
 - 2 T olive oil – Day 5: Skillet Chicken Legs & Tomatoes
 - 1 T olive oil – Day 5: Cabbage Steaks
- 4 pieces of foil – Day 1: Simple Salmon and Asparagus Foil
- 2 t Dijon style mustard – Day 2: Beef, Pepper, & Mushroom Kabobs
- 1 t raw, local honey – Day 2: Beef, Pepper, & Mushroom Kabobs
- ½ c + 1 t red wine vinegar
 - ½ c red wine vinegar – Day 2: Simple Cucumber Salad
 - 1 t red wine vinegar – Day 6: Crockpot Cajun Sausage & Rice
- handful of sun-dried tomatoes – Day 3: Pepper Grilled Chicken with Avocado Pasta
- 1 jar organic salsa of your choice – Day 4: Taco Salad
- 3 ½ c chicken stock or broth
 - 3 c chicken stock or broth – Day 6: Crockpot Cajun Sausage & Rice
 - ½ c chicken broth – Day 5: Skillet Chicken Legs & Tomatoes

- ☐ 1 T wheat-free Worcestershire sauce – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 1/4 t red hot sauce – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 1 jar diced tomatoes – Day 5: Skillet Chicken Legs & Tomatoes

Seasonings*:

- ☐ sea salt and black pepper to taste – Day 1; Day 3; Day 5; Day 5; Day 6
- ☐ cinnamon to taste – Day 1: Roasted Sweet Potato Chunks
- ☐ 1 t sea salt – Day 2: Simple Cucumber Salad
- ☐ 1 T + 1/2 t black pepper
 - 1/4 t pepper – Day 2: Beef, Pepper, & Mushroom Kabobs
 - 1/4 t black pepper – Day 2: Simple Cucumber Salad
 - 1 T pepper – Day 3: Pepper Grilled Chicken with Avocado Pasta
- ☐ 1 1/2 t dried oregano
 - 1/2 t dried crushed oregano leaves – Day 2: Beef, Pepper, & Mushroom Kabobs
 - 1 t dried oregano – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 1/4 t garlic powder + to taste
 - 1/4 t garlic powder – Day 2: Simple Cucumber Salad
 - garlic powder to taste – Day 5: Cabbage Steaks
- ☐ 1/4 t paprika – Day 2: Simple Cucumber Salad
- ☐ 3 T taco seasoning – Day 4: Taco Salad
- ☐ 1 T Cajun seasoning – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 1 t dried thyme – Day 6: Crockpot Cajun Sausage & Rice
- ☐ 2-3 bay leaves – Day 6: Crockpot Cajun Sausage & Rice

***Organic is best**