

Day 1:
Sesame Sea Bass & Spinach
Thai Peppered Asparagus

Day 2:
Fajita Chicken Bake
Over Spring Mix

Day 3:
Balsamic Steak Skewers
Mediterranean Salad

Day 4:
Crispy Chicken Legs
Broccoli Cheese Bites

Produce*:

- ☐ 6 c spinach – Day 1: Sesame Sea Bass & Spinach
- ☐ 4 c spring mix or greens of choice – Day 2: Fajita Chicken Bake
- ☐ 1 t lemon juice – Day 1: Sesame Sea Bass & Spinach
- ☐ 2 T lime juice – Day 1: Sesame Sea Bass & Spinach
- ☐ 1 ½ T minced garlic + 2 cloves minced
 - ☐ ½ T minced garlic or ginger – Day 1: Sesame Sea Bass & Spinach
 - ☐ 1 T minced garlic – Day 1: Thai Peppered Asparagus
 - ☐ 2 cloves minced garlic – Day 4: Broccoli Cheese Bites
- ☐ 2 lbs chopped asparagus – Day 1: Thai Peppered Asparagus
- ☐ 1 red bell pepper – Day 2: Fajita Chicken Bake
- ☐ 1 yellow bell pepper – Day 2: Fajita Chicken Bake
- ☐ 1 green bell pepper – Day 3: Mediterranean Salad
- ☐ 1 large onion – Day 2: Fajita Chicken Bake
- ☐ ½ red onion – Day 3: Mediterranean Salad
- ☐ ¼ c diced green onion – Day 4: Broccoli Cheese Bites
- ☐ 2 ½ c cherry tomatoes
 - ☐ 2 c cherry tomatoes – Day 3: Balsamic Steak Skewers
 - ☐ ½ c cherry tomatoes – Day 3: Mediterranean Salad
- ☐ 1 small vine-ripened tomato – Day 3: Mediterranean Salad
- ☐ 1 cucumber – Day 3: Mediterranean Salad
- ☐ ¼ c parsley – Day 3: Mediterranean Salad
- ☐ 1 avocado – Day 3: Mediterranean Salad
- ☐ 4 c whole broccoli – Day 4: Broccoli Cheese Bites

Meat/ Seafood:

- ☐ 4 (6 oz) Chilean Sea Bass or white buttery fish of choice – wild caught is best – Day 1: Sesame Sea Bass & Spinach
- ☐ 4 boneless, skinless chicken breasts – organic, pasture-raised is best – Day 2: Fajita Chicken Bake
- ☐ 1 lb sirloin steak, cut into 1 in. cubes – organic, grass-fed is best – Day 3: Balsamic Steak Skewers
- ☐ 3 lbs chicken legs – organic, pasture-raised is best – Day 4: Crispy Chicken Legs

Dairy Section*:

- ☐ crumbled sheep feta, optional – Day 3: Mediterranean Salad
- ☐ ½ c shredded goat cheese – Day 4: Broccoli Cheese Bites

- ☐ 3 T pasture butter – Day 4: Crispy Chicken Legs
- ☐ 1 egg – organic, pasture-raised is best – Day 4: Broccoli Cheese Bites

Dry Goods*:

- ☐ 8 T olive oil
 - 2 ½ T extra virgin olive oil – Day 1: Sesame Sea Bass & Spinach
 - 1 T olive oil – Day 1: Thai Peppered Asparagus
 - 2 T olive oil – Day 2: Fajita Chicken Bake
 - ½ T olive oil – Day 3: Mediterranean Salad
 - 2 T olive oil – Day 4: Crispy Chicken Legs
- ☐ 2 T raw, local honey
 - 1 T raw, local honey – Day 1: Sesame Sea Bass & Spinach
 - 1 T raw, local honey – Day 1: Thai Peppered Asparagus
- ☐ 1 T fish sauce – Day 1: Thai Peppered Asparagus
- ☐ 1 c Dr. Brown approved jarred salsa – Day 2: Fajita Chicken Bake
- ☐ ¼ c balsamic vinegar – Day 3: Balsamic Steak Skewers
- ☐ ¼ c Dr. Brown approved BBQ sauce – Day 3: Balsamic Steak Skewers
- ☐ 1 t Dijon mustard – Day 3: Balsamic Steak Skewers
- ☐ 1 t stone ground mustard – Day 3: Balsamic Steak Skewers
- ☐ ½ c Kalamata olives – Day 3: Mediterranean Salad
- ☐ ¼ c green olives – Day 3: Mediterranean Salad
- ☐ ½ c almond meal – Day 4: Broccoli Cheese Bites

Seasonings*:

- ☐ sea salt and black pepper to taste – Day 1; Day 1; Day 3; Day 4
- ☐ 2 ½ t sea salt
 - 1 t sea salt – Day 2: Fajita Chicken Bake
 - 1 ½ t sea salt – Day 4: Crispy Chicken Legs
- ☐ 1 ½ t black pepper – Day 4: Crispy Chicken Legs
- ☐ ½ T + 3 t red pepper flakes
 - ½ T red pepper flakes, optional – Day 1: Sesame Sea Bass & Spinach
 - 3 t red pepper flakes – Day 1: Thai Peppered Asparagus
- ☐ 1 T sesame seeds – Day 1: Sesame Sea Bass & Spinach
- ☐ ½ T cumin – Day 2: Fajita Chicken Bake
- ☐ 3 T paprika
 - 1 T paprika – Day 2: Fajita Chicken Bake
 - 2 T paprika – Day 4: Crispy Chicken Legs
- ☐ 1 T cayenne – Day 4: Crispy Chicken Legs
- ☐ 1 T parsley – Day 4: Crispy Chicken Legs

***Organic is best**