Week 5 Menu, Shopping List, and Recipes

**Menu**

Monday: The Bowl: Chipotle Lime Shrimp Bowl

Tuesday: The Plate: Mongolian Ground Beef

Wednesday: The Salad: Crunchy Thai Salad

Thursday: The Soup: Coconut Chicken Curry Soup

Friday: The Wrap: BBQ Chicken Wrap

Saturday: The Pan: Cashew Chicken Skillet

Sunday: The Grill: Hawaiian Chicken Kabob

**Shopping List**

Most recipes serve 4. You can increase or modify any recipe as needed. Leftovers can be used for lunch or frozen for a later date. Enjoy!

**Produce**

2 cups cherry tomatoes

1 large avocado

2 bundles of green onions

3 red onions

1 bunch cilantro

2 limes

10 cloves garlic, minced

3 knobs of ginger, minced

#### 2 cups kale

#### 2 bags coleslaw mix (cabbage, carrots)

3 red bell peppers

1 mango

¼ cup cilantro

8 mint leaves

1 tablespoon green onions

Top with cilantro and lime juice if desired.

4 C mixed vegetables (cauliflower, broccoli, carrots)

Salad greens

2 cups broccoli florets

1 cup sugar snap peas

1 cup shredded carrots

1 cup mushrooms *halved*

1 orange bell pepper

1 cup pineapple *diced*

1 green bell pepper

**Can, Jar, Other Goods**

1 15.5 ounce can black beans, drained and warmed

1 can chipotle peppers in adobo sauce

2 x 14-ounce cans coconut milk

3 cups vegetable broth

1/4 C pineapple juice

1/4 cup chicken broth

4 tablespoons almond butter

4 tablespoons coconut aminos

2 bags frozen cauliflower rice

1/2 C gluten free barbeque sauce

4-5 large flour tortillas or gluten free alternative

1–2 tablespoons red curry paste

⅓ cup almond butter, natural creamy or smooth

1/4 cup beef broth

1 bag frozen Cauliflower rice or mixed vegetables

**Baking, Spices & Nuts**

3/4 teaspoons ground cumin

Salt and pepper

1/4 teaspoon cayenne pepper

1–2 tablespoons turmeric

2 tablespoons coconut sugar

1/2 cup raw cashews

1 teaspoon ginger powder

¼ cup sliced almonds

**Oils, Vinegars & Condiments**

5 teaspoons honey or maple syrup

6 tablespoons olive oil

1 ½ tablespoons rice wine vinegar

1/3 C + 1 ½ tablespoons low sodium soy sauce or coconut aminos

1 tsp + 2 T sesame oil

1 teaspoon sriracha

1 C gluten free Honey BBQ sauce

1 tsp apple cider vinegar

**Meat**

1 lb. large shrimp, deveined and peeled

1 lb. lean ground beef

1 lb. + 4 large boneless skinless chicken breasts

1 rotisserie chicken

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**Recipes**

**Monday: The Bowl:** Chipotle Lime Shrimp Bowl

### **Ingredients**

1 lb. large shrimp, deveined and peeled

3 tablespoons olive oil

3 tablespoons fresh lime juice, divided (about 1-2 medium limes)

1 to 2 chipotle peppers in adobo sauce, finely minced (about 1 tablespoon)

1 teaspoon adobo sauce (aka. the liquid from the can of peppers)

2 cloves garlic, minced

2 teaspoons honey

3/4 teaspoons ground cumin

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

#### For the bowls

4 cups cooked brown rice or cauliflower rice

1 15.5 ounce can black beans, drained and warmed

2 cups cherry tomatoes, sliced

1 large avocado, pitted and chopped

4 green onions, chopped

1/4 cup red onion, chopped

Fresh cilantro

Lime wedges

### **Instructions**

Place the shrimp in a bowl. In a separate bowl, mix 2 tablespoons of the oil, lime juice, chipotle peppers, adobe sauce, garlic, honey, salt, cumin, and pepper. Pour the mixture over the shrimp and coat the shrimp. Set aside.

Heat a large skillet over medium-high heat. Add the remaining oil to the pan and swirl to coat. Spread the shrimp across the pan and discard any remaining marinade. Add the shrimp to the pan and cook for 1-2 minutes on each side or until they've turned lightly pink on the outside and the insides are turning white.

Assemble the bowls with the rice (or cauliflower rice), black beans, veggies and top with cilantro. Drizzle with more adobo sauce and a squeeze of lime if desired. Serve and enjoy!

**Tuesday: The Plate: Mongolian Ground Beef**

### **INGREDIENTS**

1 lb. lean ground beef

1 tsp sea salt

1/4 tsp black pepper

1/3 cup coconut aminos

1/4 cup beef broth

1 tsp apple cider vinegar

2 tsp coconut sugar (optional)

1 thumb ginger, grated

3 cloves garlic, minced

4 green onions, sliced into 1” slices

Cauliflower rice or mixed vegetables

### **INSTRUCTIONS**

Using a large skillet, brown the ground beef on medium heat, adding salt and pepper. Once the beef is browned, set aside, leaving about 2 tbsp of fat in the pan.

In a separate bowl, whisk together the coconut aminos, broth, apple cider vinegar, and coconut sugar. Set aside.

Using the same pan, bring the heat to low-medium heat and add the garlic and ginger to the pan. Cook for 2-3 minutes or until fragrant.

Pour the sauce into the pan and stir. Allow to heat and thicken for 1-2 minutes.

Add the ground beef back to the pan and stir well to coat with the sauce. Add the green onions and cook for 2-3 minutes or until softened.

Serve fresh over cauliflower rice or with vegetables of your choice.

**Wednesday: The Salad:** Crunchy Thai Salad

#### Thai Salad

#### 2 cups kale

#### 1 bag coleslaw mix (cabbage, carrots)

½ cup red bell pepper

1 mango

¼ cup cilantro

8 mint leaves

1 tablespoon green onions

¼ cup sliced almonds

#### Almond Dressing

⅓ cup almond butter, natural creamy or smooth

2 tablespoons lime juice

3 tablespoons [honey](https://www.jessicagavin.com/honey-benefits/), or pure maple syrup

1 ½ tablespoons rice wine vinegar

1 ½ tablespoons low sodium soy sauce or coconut aminos

1 teaspoon sesame oil

1 teaspoon sriracha

½ teaspoon ginger, minced

1 clove garlic, roughly chopped

1 tablespoon water

### **Instructions**

#### Thai Salad

In a large bowl add thin slices of kale, cole slaw mix, bell pepper, mango, cilantro, mint, and green onions. Set aside.

#### Dressing

In a blender add almond butter, lime juice, honey, vinegar, coconut aminos, sesame oil, sriracha, ginger, garlic, and water.

Puree until smooth and combined, about 1 minute. Alternatively, the ingredients can be whisked together in a medium-sized bowl.

Add more water if you want a thinner dressing. Season with salt and pepper to taste.

#### To Serve

Gradually add enough dressing to coat the salad, toss to combine. Drizzle with more dressing if there's any remaining. Top with freshly cracked black pepper and chopped almonds. Enjoy.

**Thursday: The Soup: Coconut Chicken Curry Soup**

**Ingredients**

1 tablespoon sesame oil

1 onion, chopped

3 cloves garlic, minced

1 knob of ginger, peeled and grated

1–2 tablespoons red curry paste

1–2 tablespoons turmeric

1 teaspoon salt

2 tablespoons coconut sugar

4 C mixed vegetables

2 14-ounce cans coconut milk

3 cups vegetable broth

24 ounces of rotisserie chicken (chopped)

Top with cilantro and lime juice if desired.

Instructions

**PREP:**Take pieces of rotisserie chicken and chop or shred into small pieces.

**SIMMER SOUP:** Heat the oil in a large pot over medium heat. Add the onion, garlic, and ginger, and stir fry for a few minutes until fragrant and garlic is not burned. Add the curry paste, turmeric, salt, and sugar. Stir fry for another few minutes. Add the potatoes or veggies, coconut milk, and broth. Simmer until the potatoes or veggies are soft.

**BLEND SOUP:** Allow to cool slightly and then transfer to a blender and puree until smooth and silky. The soup should be rich and thick so that it coats the back of a spoon. Add in more water or broth to thin the soup to desired thickness.

**TOP AND SERVE:** Top each serving of soup with chicken, cilantro and a squeeze of lime. Enjoy!

**Friday: The Wrap: BBQ Chicken Wrap**

**Ingredients**

2 cups rotisserie chicken, shredded

2 cups cabbage slaw

1/4 cup fresh cilantro, chopped

1/4 cup red onion, chopped

1/2 C gluten free barbeque sauce

4-5 large flour tortillas or gluten free alternative

2 Tablespoons olive oil

Salad greens

### **Instructions**

Add chicken, slaw, onion, cilantro and BBQ sauce to a mixing bowl and toss to combine. Add more BBQ sauce if needed, to taste.

Put ½ cup of the mixture down the middle of the tortilla leaving room at both ends to wrap it. Fold both ends in toward mixture and roll it like a burrito.

Heat a skillet over medium heat. Add enough oil to lightly coat the bottom of the pan. When the oil is hot, place the wraps seam side down in the skillet. Cook, turning the wraps every minute or two, until they are golden and crispy on all sides and warmed through.

Serve with a side salad dressed in olive oil, lemon and salt and pepper.

**Saturday: The Pan:** Cashew Chicken Skillet

#### Ingredients

#### For the Stir-Fry

1 pound chicken breasts, diced into 1” cubes

3 green onions, chopped

2 cups broccoli florets

1 red pepper, thinly sliced

1 cup sugar snap peas

1 cup shredded carrots

1/2 cup raw cashews

1 tablespoon olive oil

1 tablespoon minced garlic

1/2 teaspoon salt

#### For the Sauce

1/4 cup chicken broth

4 tablespoons almond butter

4 tablespoons coconut aminos

1 tablespoon sesame oil

1 teaspoon ginger powder

Serve over cauliflower rice

Instructions

Heat olive oil in a large pan over medium heat

Once hot, add diced chicken and season with salt. Brown for 5 minutes on each side.

While chicken is browning, combine sauce ingredients in a small bowl, mix well and set aside.

In the same pan as the chicken, add garlic, followed by broccoli, peppers and snap peas.

Cook for about 5 minutes, stirring frequently, until vegetables are cooked halfway.

Add in the carrots, green onions and sauce and mix well to evenly coat.

Continue stirring frequently another 5-10 minutes until sauce has thickened and veggies are fully cooked.

For a thicker sauce, remove chicken and vegetables and continue to cook sauce until it thickens. You can pour the sauce over the chicken and vegetables.

Mix in the cashews and serve over cauliflower rice. Enjoy!

**Sunday: The Grill: Hawaiian Chicken Kabob**

### **Ingredients**

4 large boneless skinless chicken breasts

1 cup mushrooms *halved*

1 red bell pepper

1 orange bell pepper

1 cup pineapple *diced*

1 green bell pepper

1 red onion

1 C gluten free Honey BBQ sauce

1/4 C pineapple juice

**Instructions**

**Sauce**

Combine pineapple juice with BBQ sauce. Whisk with fork and set aside.

**Skewers**

Cut chicken into bite-sized pieces. In a large bowl, coat chicken with sauce. Marinate for 30 minutes.

**Grilling**

Preheat grill to medium-high. Thread chicken and vegetables onto skewers and brush with BBQ Sauce. Grill 12-16 minutes or until cooked through.