

MONDAY



Slow Cooker Chicken Kale Soup

- 176 calories per serving (1 ½ cups).
- If you prefer, boneless skinless chicken thighs can be used, or make this soup vegetarian by omitting the meat.

TUESDAY



Sweet and Sour Shrimp Lettuce Wraps

- 369 calories per serving (2 lettuce wraps).
- I usually buy extra lettuce leaves because there is more than enough shrimp and vegetables.

WEDNESDAY



Lemon Salmon & Cucumber Ribbon Salad

- 167 calories (4 oz. salmon); 28 calories (cucumber salad)
- Salmon recipe is written for three servings. The ingredients on the grocery list have been adjusted to make 4 servings.
- Serve with side of choice. I recommend roasted cauliflower (98 calories).

THURSDAY



Egg Roll in a Bowl

- 268 calories per serving (2 cups); does not include sesame seeds or wonton strips.

FRIDAY



Avocado Chicken Salad

- 304 calories per serving (not including almonds or bread).
- Serve the salad on a bed of shredded lettuce or in a low carb wrap.
- If you bought dill for the salmon and have extra, add a tablespoon (or more) chopped dill to the salad.

BONUS



Egg White Frittata

- 212 calories per serving (2 slices).
- You can make the frittata with 10 whole eggs if preferred.
- Serve with fresh tomatoes, sliced avocado, roasted potatoes, or whole grain toast.

NOTES

- Cooking Quote of the Week: "My doctor told me I had to stop throwing intimate dinners for four unless there are three other people." – Orson Welles



GROCERY LIST FOR MEAL PLAN #98

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- yellow onions (3) - M/Tu/Th
- red onion (1 small) - F
- green onions (9) - Tu/Th/Bonus
- garlic (5 cloves) - M/Tu/Th
- ginger root - Tu/Th
- carrots (3) - M
- matchstick carrots (1 c) - Th, see note
- celery (5 stalks) - M/F
- red bell pepper (1) - Tu
- english or greenhouse cucumber (1) - W
- white or cremini mushrooms (8 oz) - Th
- avocados (2) - F
- kale (1 bunch or 6 c) - M
- bibb lettuce (8+ leaves) - Tu
- coleslaw mix (16 oz) - Th
- baby spinach (4 c) - Bonus
- chives (1 T) - W
- parsley (1 small bunch) - W/F
- dill (1 small bunch) - W
- lemons (2) - W/F
- side of choice for serving with salmon - W

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (1 ½ lb) - M
- peeled and deveined shrimp, 51/60 count (1 lb) - Tu
- salmon fillets (16 oz total) - W
- ground meat of choice, such as chicken or pork (1 lb) - Th
- cubed or shredded cooked chicken breasts (3 cups, or two breasts) - F

DAIRY / REFRIGERATED

- plain greek yogurt (¼ c) - F
- unsalted butter (1 T) - Bonus
- liquid egg whites (3 c) - Bonus
- shredded sharp cheddar cheese (½ c) - Bonus
- cottage cheese (½ c) - Bonus

BREAD / PASTA / GRAINS

- bread, wrap, or lettuce for serving with avocado chicken salad (optional) - F

CANNED GOODS

- 15.8 oz cans cannellini beans (2) - M
- 14.5 oz can diced tomatoes (1) - M
- low-sodium chicken broth (32 oz) - M
- 8 oz can pineapple tidbits in 100% juice (1) - Tu
- 4.5 oz can mild diced green chiles (1) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - Tu, see note
- red pepper flakes - M
- bay leaf - M
- dried thyme - M
- dried dill weed - W, see note
- sesame seeds (optional) - Th

PANTRY

- red wine vinegar - M
- honey - Tu
- soy sauce - Tu/Th
- rice vinegar - Tu/Th
- ketchup - Tu
- Sriracha - Tu/Th
- cornstarch - Tu/Th
- toasted sesame oil (optional) - Th

OTHER

- chopped cashews (⅓ c) - Tu
- side of choice for serving with salmon - W
- wonton strips (optional) - Th
- slivered almonds (½ c, optional) - F
- fresh tomatoes, sliced avocado, roasted potatoes, or whole grain toast to serve with frittata - Bonus

NOTES

- Olive oil may be substituted for coconut oil (Tu).
- Matchstick carrots are convenient, but you can also shred your own, if you like (W).

