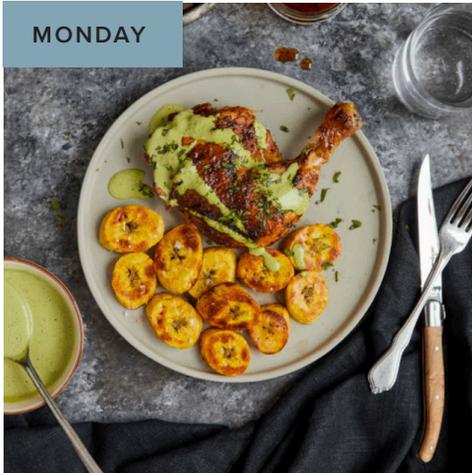


MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 12 total

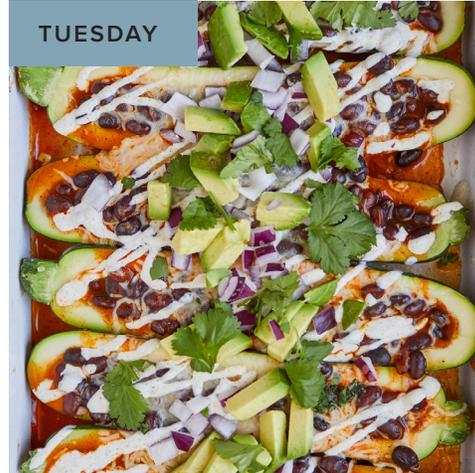


MONDAY

CHICKEN MEAL #1

Paprika Spatchcocked
Chicken *with* Green
Sauce *and* Plantains

RECIPE PAGE 62 / SERVES 2



TUESDAY

VEGETARIAN MEAL #1

Enchilada-Stuffed
Zucchini Boats

RECIPE PAGE 236 / SERVES 4

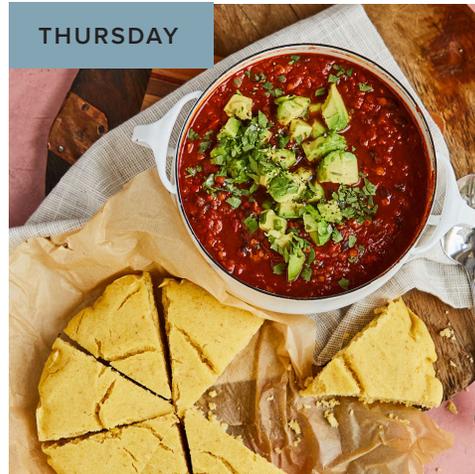


WEDNESDAY

CHICKEN MEAL #2

Stir-Fried Noodles
with Chicken

RECIPE PAGE 63 / SERVES 2-3



THURSDAY

VEGETARIAN MEAL #2

Vegetarian Chili *with*
Vegan Cornbread

RECIPE PAGE 237 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Lemons, 2
- Cilantro, 1 ½ bunches
- Jalapeno, medium, 1
- Garlic, 9 cloves
- Limes, 3
- Plantains, large, ripe, 2
- Broccoli rabe, 1 bunch
- Onion, yellow, 1 ½
- Zucchini, medium, 4
- Avocados, 2

MEAT

- Chicken, whole, 3 ½-4 pounds

DAIRY

- Egg, 1
- Monterey Jack cheese, shredded, 4 ounces (1 cup)
- Sour cream, 4 ounces (1/2 cup)

PANTRY

- Olive oil, extra-virgin, 6 ounces (3/4 cup)
- Mayonnaise, 4 ounces (1/2 cup)
- Noodles, egg, 8 ounces
- Coconut aminos, 8 fluid ounces (1 cup)
- Enchilada sauce, red, 8 fluid ounces (1 cup)
- Fish sauce, 1 teaspoon
- Sugar, coconut, 2 tablespoons
- Beans, black, dried, 7.4 ounces (1 ½ cups) may also substitute 4 (15-ounce) cans
- Coconut oil, 4 fluid ounces (1/2 cup)
- Cornmeal, 8 ounces (1 ½ cups)
- Flour, all-purpose, 4.8 ounces (1 cup)
- Sugar, white, ¼ cup
- Baking powder, 1 tablespoon
- Flaxseed, ground, 1 tablespoon
- Coconut milk, full-fat, 12 fluid ounces (1 ½ cups) may also substitute any other non-dairy milk
- Lentils, red, dried, 2.47 ounces (½ cup)
- Tomatoes, crushed, 1 (28-ounce) can

SPICES

- Garlic powder, 1 tablespoon
- Cumin, ground, ¼ cup, plus 1 teaspoon
- Paprika, 1 tablespoon
- Oregano, dried, 1 tablespoon
- Bay leaf, 1
- Chili powder, mild, ¼ cup

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Cook the black beans for the Enchilada-Stuffed Zucchini Boats and the Vegetarian Chili. Once cooked through, transfer 2 ½ cups of the beans to an airtight container and label 'Vegetarian Chili' and refrigerate. Save the remaining beans to make the enchilada filling later in the prep day. If you're using canned black beans, skip this step.
- ✓ Prepare the Paprika Spatchcocked Chicken. Follow the instructions to spatchcock the chicken, then place the chicken on a rimmed baking sheet and rub the seasoning into the chicken. Cover with foil or plastic wrap, then refrigerate.
- ✓ Make the Green Sauce for the Paprika Spatchcocked Chicken. Store in an airtight container in the refrigerator.
- ✓ Make the sauce for the Stir-Fried Noodles with Chicken by following Step 2 of the recipe. Store in the refrigerator in an airtight container.
- ✓ Chop the broccoli rabe for the Stir-Fried Noodles with Chicken. Store in an airtight container in the refrigerator.
- ✓ Prepare the zucchini for the Enchilada-Stuffed Zucchini Boats. Store in an airtight container in the refrigerator.
- ✓ Make the filling for the Enchilada-Stuffed Zucchini Boats by mixing the black beans with the enchilada sauce. Store in an airtight container in the refrigerator.
- ✓ Chop the onion and garlic for the Vegetarian Chili and store in an airtight container in the refrigerator.