

MEAL PLAN

by Julie Knott

MON

Cauliflower Parmesan with Zucchini Noodles

TUES

Pork and Peanut Dragon Noodles

WEDS

Sweet Potato Egg Sandwich

THURS

Sweet and Spicy Glazed Chicken Thighs

FRI

Coconut Curry Carrot Soup

SHOPPING LIST

Yellow Onion	1
Cauliflower (Head)	1
Zucchini (Medium)	2
Green Onions	3
Sweet Potatoes	2
Kale	1
Avocado	1
Carrots	1
Ground Pork	1/2 lb.
Chicken Thighs (Boneless, Skinless)	1.5 lbs.
Mozzarella Cheese	1 c
Parmesan Cheese	1/4 c
Almond Milk	1/2 c
Eggs (Large)	2

pantry

Olive Oil	Onion Powder
Vegetable Broth	Oregano or Italian
Marinara Sauce	Seasoning
Thai Curry Paste	Cumin
Chili Garlic Sauce	Paprika
Soy Sauce	Cayenne Pepper
Ramen Noodles	Almond Flour
Peanuts	Brown Sugar
Coconut Milk (Full Fat, 13.5 oz. Can)	Garlic Powder
Salt and Pepper	



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