

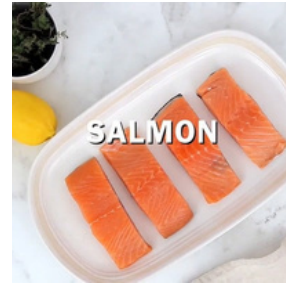
joyful healthy
EATS

MP - Week 20

MONDAY



Easy Banana Blueberry Baked Oatmeal



Salmon Recipe With Garlic Cream Sauce

TUESDAY



Detox Smoothie



Blackened Shrimp Bowls

WEDNESDAY



Chocolate Banana Muffins



Philly Cheesesteak Skillet Recipe

THURSDAY



Healthy Vanilla Pudding with Chia Seeds

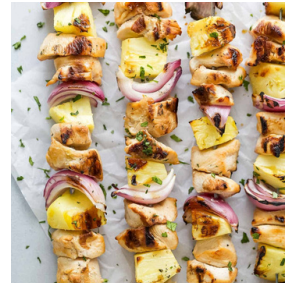


Easy Mediterranean Steak & Quinoa Bowls

FRIDAY



Egg in a Hole Recipe



Grilled Chicken Pineapple Kabobs



Grocery List

Produce

- Bananas 6.5 each
- Fresh Blueberry 1 cups
- Yellow onion 1 cups
- Garlic 5 cloves
- Spinach 17.5 cups
- Green Apple 0.5 count
- Lemon 0.5 count
- Diced roasted red pepper 0.5 cup
- Avocado 2 slices
- Green onions 1 count
- Red Pepper 2 count
- Green Pepper 1 count
- Sweet Onion 1 count
- Cucumber 0.75 cups
- Fresh-squeezed Lemon Juice 1 tbsp
- Lemon Zest 1 tsp
- Red onion 1 count
- Cilantro 1 count

Pantry

- Rolled Oats 2 cups
- Baking Powder 2 tsp
- Salt 2.25 tsp
- Maple Syrup 1.75 cups
- Vanilla Extract 2.5 tsp
- Gluten Free Flour 1 tbsp
- Lemon juice 1 tbsp
- Chicken broth 0.5 cups
- Vanilla Protein Powder 1 scoop
- Olive oil 4 tbsp
- Cooked jasmine rice 2 cups
- Coconut oil 2 tbsp
- Dutch processed cocoa powder 0.5 cups
- Whole wheat flour 1 cups
- Baking soda 1 tsp
- Kosher Salt 0.125 tsp
- Black Pepper 0.25 tsp

Spices & Seasonings

- Cinnamon 3.5 tsp
- Nutmeg 0.5 tsp
- Fresh thyme 1 tsp
- Black pepper 0.5 tsp
- Ground Cinnamon 0.25 teaspoon
- Smoked paprika 1.5 tsp
- Garlic powder 0.5 tsp
- Onion powder 0.25 tsp
- Oregano 0.25 tsp
- Dry cilantro 0.25 tsp
- Cayenne pepper 0.125 tsp
- Pepper 1 tsp
- Salt-free Greek Seasoning 2 tsp
- Dried Dill Weed 1 tbsp

Meat & Seafood

- Salmon filets 4 each
- Jumbo Shrimp 1 lbs
- Boneless skinless chicken breast 1.5 pounds

Beverages

- Pineapple juice 6 ounces

Dairy & Eggs

- Unsweetened Almond Milk 2.75 cups
- Egg White 0.25 cups
- Ghee 2 tbsp
- Coconut milk 17 ounces
- Eggs 14 each
- Parmesan Cheese 0.25 cups
- Shredded Mozzarella Cheese 1 cup
- Greek Yogurt 0.5 cups

Frozen Foods

- Frozen Pineapple Chunks 0.5 cups
- Frozen corn 1 cup

Shop ingredients on 

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