

# My Meals

Breakfast


Lunch


Dinner


Snacks  
(IF YOU MUST)


# My Grocery List

## Produce

- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
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## Produce

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## Meat & Seafood

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## Dairy & Eggs

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- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
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# My Grocery List

## Oils & Condiments

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- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
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## Seasonings, Spices & Herbs

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## Nuts & Seeds

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## Packaged Foods

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- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
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# My Meals Sample

## Breakfast

### AMY'S GRAND SLAM BREAKFAST

- ▷ 2 eggs
- ▷ 2 pieces of bacon
- ▷ Arugula
- ▷ Slice of toast with butter
- ▷ Half of an avocado

## Lunch

### SOUTHERN CHICKEN SALAD

- ▷ 2 scoops of chicken salad
- ▷ 1 - 2 servings of flaxseed crackers with hummus
- ▷ 1 serving of blackberries

## Dinner

### TACO BOWLS

- ▷ 1-2 cups of cauliflower rice with sauteed veggies: onions, different colored peppers, garlic, and spinach
- ▷ 1-2 servings of ground beef
- ▷ Topped with avocado, sliced radish, and cilantro

## Snacks (IF YOU MUST)

▷ Beef jerky sticks

▷ Hard boiled eggs

▷ Handful of raw nuts

▷ Raw cheese

# My Grocery List Sample

## Produce

- ▶ Organic, riced Cauliflower
- ▶ Organic, red onion
- ▶ Organic, yellow onion
- ▶ Organic, bell peppers
- ▶ Organic garlic
- ▶ Organic arugula

## Produce

- ▶ Organic spinach
- ▶ Organic avocado
- ▶ Organic celery
- ▶ Organic radish
- ▶ Organic cilantro
- ▶ Organic blackberries

## Meat & Seafood

- ▶ Organic, pasture-raised bacon
- ▶ 100% grassfed ground beef
- ▶ Organic, pasture-raised chicken breast
- ▶
- ▶
- ▶

## Dairy & Eggs

- ▶ Organic, pasture-raised eggs
- ▶ Organic, raw grassfed cheese
- ▶ (Cheese from Dutch Meadow Farms)
- ▶
- ▶
- ▶

# My Grocery List Sample

## Oils & Condiments

- ▶ Organic, cold-pressed olive oil
- ▶ Dutch Meadow Farms grassfed butter
- ▶ Primal Kitchen mayo
- ▶
- ▶
- ▶

## Seasonings, Spices & Herbs

- ▶ Himalayan sea salt
- ▶ Organic, ground pepper
- ▶ Organic, garlic granules
- ▶ Organic, onion powder
- ▶
- ▶

## Nuts & Seeds

- ▶ Organic, raw cashews
- ▶ Organic, raw almonds
- ▶
- ▶
- ▶
- ▶

## Packaged Foods

- ▶ Base Culture original bread
- ▶ Organic hummus
- ▶ Grassfed beef jerky sticks
- ▶ Ella's Flats (flaxseed crackers)
- ▶
- ▶

# Meal Ideas

## Breakfast

### SMOOTHIE

- ▷ 1 scoop of Be Well by Kelly LeVeque chocolate protein powder
- ▷ 1 tbsp of organic almond butter
- ▷ 1 tsp of organic chia seed powder
- ▷ 2 handfuls of organic spinach
- ▷ 1/2 organic frozen banana
- ▷ 24 oz. of water

### AVOCADO TOAST

- ▷ 2 slices of Base Culture original bread
- ▷ Buttered toast with Dutch Meadow Farms raw, grassfed butter
- ▷ 1/2 organic avocado split between both slices of bread
- ▷ Seasoned avocado with salt, pepper, & garlic powder
- ▷ Topped with fried or poached egg & organic arugula

### BREAKFAST SKILLET

- ▷ Browned breakfast sausage with onions & garlic
- ▷ Organic, shredded sweet potatoes
- ▷ Organic, pasture-raised eggs
- ▷ Organic spinach
- ▷ Topped with Dutch Meadow Farms raw, grassfed cheese & organic, sliced avocado

### CHIA SEED BOWL

- ▷ Organic chia seeds
- ▷ Organic coconut milk
- ▷ 1 scoop Be Well vanilla protein powder
- ▷ Topped with organic shredded coconut, sliced almonds, blueberries & strawberries

# Meal Ideas

## Lunch

### SOUTHERN CHICKEN SALAD

- ▷ 2 organic, pasture-raised chicken breasts boiled & shredded
- ▷ 1/2 stalk of organic celery chopped
- ▷ 1/2 organic red onion chopped
- ▷ 1-2 handfuls of organic spinach & arugula chopped
- ▷ 1 jar of Primal Kitchen mayo
- ▷ Seasoned with salt, pepper, garlic powder & onion powder

### SALMON SALAD

- ▷ 1 wild-caught salmon filet
- ▷ 1 handful of organic arugula
- ▷ 1 handful of organic spinach
- ▷ 1 handful of organic romaine lettuce
- ▷ A few organic green beans
- ▷ A few organic chopped red onions
- ▷ Some crumbled goat cheese
- ▷ A few organic, sliced almonds
- ▷ Primal Kitchen salad dressing

### TORTILLA SOUP

- ▷ 2-3 organic, pasture-raised chicken breasts
- ▷ 1-2 cans of organic tomato sauce
- ▷ 1 can of organic black beans
- ▷ 1 can of organic sweet corn
- ▷ Organic, chopped onions, garlic, & green bell peppers
- ▷ 2 packets of Siete mild taco seasoning
- ▷ Topped with organic, raw grassfed cheese, organic, sliced avocado, organic cilantro, & Siete tortilla chips

### ASIAN STIR FRY

- ▷ Organic, riced cauliflower
- ▷ Organic, shredded carrots
- ▷ Organic, green onion
- ▷ Organic, yellow onion
- ▷ Organic, minced garlic
- ▷ Coconut aminos
- ▷ Organic, pasture-raised eggs
- ▷ Organic, pasture-raised chicken thighs
- ▷ Organic, chopped broccoli



# Meal Ideas

## Dinner

### STEAK DINNER

- ▷ 6 oz. grassfed steak with Dutch Meadow farms raw, grassfed butter
- ▷ Roasted, organic sweet potatoes
- ▷ Organic, roasted brussel sprouts sauteed with pasture-raised bacon

### TACOS

- ▷ Siete chia & flax tortillas
- ▷ Grassfed groundbeef
- ▷ Organic onions, garlic & tricolored bell peppers
- ▷ Organic spinach
- ▷ 1/2 small can of organic tomato sauce
- ▷ 1 packet of Siete taco seasoning
- ▷ Topped with organic cilantro, radish & avocado

### PESTO CHICKEN

- ▷ Organic, pasture-raised chicken breast
- ▷ Gotham Greens vegan pesto
- ▷ Organic, roasted red potatoes
- ▷ Organic, french green beans with garlic & butter

### LAMB BURGERS

- Make patties with the following:
- ▷ Pasture-raised, ground lamb
  - ▷ Organic, red onion
  - ▷ Organic dill, parsley & chives
  - ▷ Seasoned with salt, pepper, garlic powder & onion powder
  - ▷ Topped with organic, tzatziki sauce
  - ▷ Base Culture bread buns
  - ▷ Organic sweet potato fries

# Recipe

## Southern Chicken Salad

### INGREDIENTS

- ▷ 2 Organic, pasture-raised chicken breasts
- ▷ 1/2 Organic, celery stalk
- ▷ 1/2 Organic, red onion
- ▷ Handful of organic spinach
- ▷ Handful of organic arugula
- ▷ Pink himalayan salt
- ▷ Organic, ground pepper
- ▷ Organic, garlic granules
- ▷ Organic, onion granules
- ▷ 1 jar of Primal Kitchen avocado oil mayo

### INSTRUCTIONS

1. Fill a normal sized pot with water, salt the water generously, and bring to a boil.
2. Once water starts boiling, add chicken breasts.
3. While chicken is cooking, finely chop the celery, red onion, spinach, and arugula.
4. Combine veggies in a bowl and season with salt, pepper, garlic granules, and onion granules.
5. Once chicken is fully cooked, place into a large bowl and shred. (Pro tip: use a hand mixer instead of two forks for much faster shredding).
6. Once chicken is fully shredded, season with salt, pepper, garlic granules, and onion granules.
7. Combine the veggies and the chicken in one bowl, and mix together.
8. Add the entire jar of mayo to your mixture, and stir until everything is evenly coated with mayo.
9. Taste your chicken salad and adjust seasoning if necessary.
10. Store in the refrigerator for a quick and easy meal that is meant to be eaten cold with crackers, fruit, or both.

# Recipe

## Homemade Ranch

### INGREDIENTS

- ▷ 1 jar of Primal Kitchen avocado oil mayo
- ▷ Filtered water
- ▷ Pink himalayan salt
- ▷ Organic, ground pepper
- ▷ Organic, garlic granules
- ▷ Organic, onion granules
- ▷ Organic, dill weed
- ▷ Organic parsley
- ▷ Organic chives
- ▷ 1 Organic lemon

### INSTRUCTIONS

1. Add the entire jar of mayo into a medium sized bowl.
2. With a whisk in one hand and water in the other hand, start adding water into the bowl and whisking until it reaches the consistency of a dressing or of your personal preference.
3. Once desired consistency is reached, begin to generously season with salt, pepper, garlic granules, and onion granules.
4. If using fresh dill weed, parsley, and chives, finely chop each and add a handful of each. If using dehydrated versions found in the spice aisle, generously season with each.
5. Combine the ingredients and whisk until everything is evenly mixed together.
6. Add the juice of 1 lemon to the bowl and whisk.
7. Taste your ranch and adjust your seasonings accordingly.
8. Store in the refrigerator and add to any meal as a source of healthy fats. The flavors really develop after being in the refrigerator for a few hours.