

# ULTRA LEAN DINNER RECIPES

## Shopping List



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# SHOPPING LIST

## PROTEIN

- 2 lbs. lean ground turkey
- 4 x 6oz. grass-fed chicken legs
- 2 x 4oz. grass-fed, skinless, boneless chicken breasts
- 1 x 4lbs. grass-fed whole chicken
- 1 lb. grass-fed lean ground lamb
- 8 x 4oz. grass-fed lamb rib chops
- 3 lbs. lamb stew meat
- 1 x 1½lbs. grass-fed flank steak
- 1½lbs. grass-fed sirloin steak
- 2 x 4 oz. boneless salmon fillets
- ½ lb. salmon
- ½ lb. shrimp

## VEGETABLES

- 5 onions
- 3 red onions
- 18 garlic cloves
- 1 large celery stalk
- 2 Serrano peppers
- 4 cups cauliflower florets
- 1 medium head cauliflower
- 4 cups broccoli florets
- 10 tomatoes
- 2 avocados
- ½ tbsp. + ½ tsp. fresh ginger
- 2¼ cups frozen green peas
- 1 lb. asparagus
- 2 tbsp. scallions
- 2 lbs. baby carrots + 2 cups carrots
- 6oz. fresh spinach
- 1 medium green bell pepper
- ¼ cup green olives, pitted and sliced
- ¼ cup black olives, pitted and sliced
- 3 large seedless cucumbers

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## FRUIT

4 medium apples, cored and sliced  
3 lemons for 9 tbsp. fresh lemon juice  
1 lime for 1 tbsp. fresh lime juice

## HEALTHY FATS

1¼ cups extra-virgin olive oil  
1¾ cups fat-free unsweetened coconut milk  
4 tbsp. coconut oil

## SPICES

Sea salt and freshly ground black pepper to taste  
3½ tsp. ground cumin  
1 tsp. dried oregano  
2 tsp. ground coriander  
¼ tsp. ground turmeric  
½ cup + 2 tbsp. fresh cilantro  
½ tbsp. fresh dill  
½ tbsp. + 2 tsp. fresh rosemary  
1 tbsp. dried rosemary  
½ tbsp. fresh thyme  
1 tsp. dried thyme  
1¼ tsp. red pepper flakes  
3½ tsp. paprika  
¼ cup fresh parsley  
2 fresh lime leaves  
½ tsp. ground cinnamon  
½ tsp. cayenne pepper  
1 tsp. chili powder  
1½ tsp. garlic powder  
1 tsp. onion powder

## OTHER

7 cups low-sodium chicken broth  
1 cup low-sodium fish broth  
¼ cup + 3 tbsp. coconut aminos

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