

# Milk & Mascara

## Grocery List for Meal Plan: A Little Bit of Paleo & A Meatless Dish or Two

Recipe 1: Pan Seared Mahi Mahi over Sticky Coconut Rice and Mango Salsa

Recipe 2: Slow Cooker Mongolian Beef

Recipe 3: Ground Turkey Sweet Potato Skillet

Recipe 4: Butternut Squash Soup

Recipe 5: Creamy Avocado Basil Pesto Spaghetti

### Fruits, Vegetables & Nuts

- ▶ 1 mango
- ▶ 1/4 red onion
- ▶ 1/2 red bell pepper
- ▶ 1/2 cup yellow bell pepper, diced
- ▶ 1/2 jalapeño
- ▶ 2 avocados
- ▶ 1 1/2 cup sweet potato, diced
- ▶ 1 lime
- ▶ 1 head of cauliflower
- ▶ cilantro
- ▶ 2 - 3 lbs butternut squash (or 2 bags of precut butternut squash)
- ▶ 2 medium yellow onions
- ▶ 1/2 cup basil leaves
- ▶ 1/4 cup walnuts
- ▶ 2 cloves of garlic + 1 1/2 tsp minced garlic
- ▶ 1 lemon
- ▶ 1 cup grated carrots
- ▶ green onions for garnishing
- ▶ parsley for garnishing

### Breads, Pasta & Rice

- ▶ 200 g dry spaghetti

### Sauces, Oil & Seasonings

- ▶ sea salt
- ▶ nutmeg
- ▶ black pepper
- ▶ coconut oil
- ▶ 1/2 c canned coconut milk or coconut cream
- ▶ 1/4 c unsweetened shredded coconut + garnishing

### Sauces, Oil & Seasonings Continued

- ▶ olive oil
- ▶ butter
- ▶ 6 cups of chicken stock
- ▶ 1/4 cup cornstarch (optional)
- ▶ 3/4 cup soy sauce
- ▶ 3/4 cup brown sugar
- ▶ red chili flakes

### Meats & Fish

- ▶ 4 pieces of mahi mahi
- ▶ 1 1/2 pounds flank steak
- ▶ 1 lb extra lean ground turkey

### Dairy

- ▶ 1/2 cup shredded mozzarella cheese