SHOPPING LIST

MOOD BOOSTING MEALS

Black Bean & Sausage Soup
Greek Style Wild Salmon Bowls w/ Homemade Tzatziki Sauce
Blueberry Smoothie

PRODUCE

1 bunch celery
3 carrots
1 bunch scallions
2 cups cherry tomatoes
2 english cucumbers
4 cups baby spinach
3 lemons
1 bunch fresh dill
1 head garlic
1 apple

MEAT

4 sausage links (we like turkey kielbasa, but you choose your favorite!)
16-24 oz skinless wild salmon

DAIRY/COOLER

14 oz plain greek yogurt
1/4 cup light sour cream
1 container hummus
1/4 cup unsweetened almond milk

FREEZER

5 cups cauliflower rice
1/2 cup frozen blueberries

FROM YOUR PANTRY/GROCERY

salt & pepper
extra virgin olive oil
1 tsp dried thyme
2 cans diced fire roasted tomatoes
4 cans black beans
1 quart vegetable stock
1 tsp garlic powder
2 tsp smoked paprika
1/2 tsp red pepper flakes
3 tsp dried oregano
1/4 cup red wine vinegar
1 jar kalamata olives
1 cup oats
1 cup raw cashews
3 Tbsp chia seeds
2 Tbsp flax seeds
1 Tbsp brown sugar
3 Tbsp coconut oil
2 Tbsp honey
2 tsp vanilla extract
2 Tbsp mini chocolate chips
2 Tbsp peanut butter chips
flaky salt
1 Tbsp almond butter
1 date

BLACK BEAN & SAUSAGE SOUP

PREP TIME	COOK TIME	SERVINGS
15 mins	40 mins	6-8

INGREDIENTS

2 Tbsp extra virgin olive oil
4 links (about 12 oz) sausage, sliced into 1/4" rounds*
1/4 cup celery, diced very small
1/2 cup carrots, sliced into 1/4" rounds
1 tsp dried thyme
2 cans diced fire roasted tomatoes
4 cans black beans, drained & rinsed
1 quart vegetable stock
salt & black pepper
1 bunch scallions

INSTRUCTIONS

1. Heat oil in a stock pot over medium-high. Add sausage and cook, stirring often, until crisp. Transfer to a bowl.

2. To stock pot, add celery, carrots, and thyme. Cook until softened, about 4 minutes.

3. To carrot and celery mixture, stir in tomatoes, black beans, and vegetable stock. Bring to a boil and simmer for 15-20 minutes.

4. Season soup with salt and pepper. Serve in bowls topped with scallions. Enjoy!

*this is super flexible! Use whatever you'd like:
turkey kielbasa, spicy chicken sausage, vegan sausage... you name it!

GREEK STYLE WILD SALMON BOWLS

PREP TIME	COOK TIME	SERVINGS
15 mins	30 mins	4

INGREDIENTS

SALMON

16-24 oz skinless wild salmon, cut into 1" chunks
salt & pepper
1 tsp garlic powder
2 tsp smoked paprika
1/2 tsp red pepper flakes
1 tsp dried oregano
3-4 Tbsp olive oil

BOWLS

4 cups cooked rice or cauliflower rice
2 cups cherry tomatoes, halved
1 english cucumber, diced
1 cup kalamata olives
4 cups baby spinach
1 cup hummus
1 cup tzatziki (store-bought, or recipe follows!)

DRESSING

1 lemon, zested & juiced
1/4 cup red wine vinegar
1/2 cup olive oil
1 clove garlic, minced
2 tsp dried oregano
salt & pepper

INSTRUCTIONS

1. For salmon: Add salmon to a large zip-top bag and add salt, pepper, and spices. Shake to evenly coat.

2. Heat a large skillet over medium heat. Once nice and hot, drizzle in olive oil and add salmon. Sear on all sides, about 2-3 minutes per side. Turn off heat.

3. For dressing: Add all ingredients to a jar with a tight fitting lid. Shake to combine.

4. For bowls: Divide the rice between bowls and evenly divide all toppings between the bowls. Add salmon bites and drizzle with dressing. Enjoy!

HOMEMADE TZATZIKI SAUCE

PREP TIME	COOK TIME	SERVINGS
20 mins	25 mins	4-6

INGREDIENTS

1 seedless cucumber
14 oz. plain nonfat Greek yogurt
1/4 cup light sour cream
1 lemon, zested & juiced
1 Tbsp red wine vinegar
2 Tbsp fresh dill, minced
2 cloves garlic, minced

INSTRUCTIONS

1. Grate the cucumber on a box grater and squeeze out some of the liquid.

2. Place cucumber in a medium bowl and stir in Greek yogurt, sour cream, lemon zest and juice, dill, garlic, salt and pepper (to taste

BLUEBERRY SMOOTHIE

PREP TIME	COOK TIME	SERVINGS
5 mins	0 mins!	1

INGREDIENTS

½ cup frozen blueberries
½ cup frozen cauliflower rice
1 apple, cored & chopped
1 tablespoon almond butter
1 Tbsp chia seeds
¾ cup unsweetened almond milk
1 date, pitted & roughly chopped
Juice of ½ lemon

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until smooth.

2. Pour into a glass and enjoy!