

kk+f



september 7 - 13, 2020

KAYLA'S KITCH AND FIX



THE LINE UP

Below you'll find recommendations for a week full of delicious and nourishing KK&F meals. It's likely that you'll have leftovers, which is why there aren't seven different recipes to fill each day of the week.

Fill in the meal plan at the end of this document to map out your week and feel free to enjoy the following on whichever day of the week works best for you! If you'd like to swap out a recipe, check out my blog for lots of additional options. Now, let's get cooking!

BREAKFAST —

Quiche with Potato Crust
Sweet Potato Breakfast Hash

LUNCH —

Chicken Salad Lettuce Wraps
Steak Salad w/ Chimichurri
Burger Bowl

SNACKS —

Deviled Eggs & Veggies
Brussels Sprout Chips w/ Special Sauce

DINNER —

Orange Chicken w/ Steamed Broccoli
Creamy Spaghetti Squash
w/ Cassava Flour Breaded Chicken
Asian Inspired Meatballs
w/ Broccoli & Pine Nuts



GROCERY LIST

The below is a list of the groceries that are needed to make the meals outlined in this week's plan. This plan is compliant for those doing Whole30. If that applies to you, visit whole30.com for the official list of compliant groceries to look out for. If not, feel free to add in grains, cheese, etc. to the recipes of your choosing.

PROTEIN —

- Bacon* (1)
- Chicken (3 lbs)
- Chicken Sausage*
- Eggs (2 dozen)
- Ground Beef (3 lbs)
- Prosciutto*
- Steak

VEGGIES —

- Avocados
- Broccoli
- Broccolini
- Brussels Sprouts
- Carrots, shredded
- Celery
- Cucumber
- Garlic
- Greens (your choice!)
- Lettuce (for wraps)
- Onion, red
- Onion, white
- Pees
- Potatoes (4)
- Red Onion
- Shallot
- Spaghetti Squash
- Spinach
- Sweet Potatoes (2)
- Tomatoes, cherry

HERBS —

- Cilantro
- Dill
- Green Onion
- Parsley

FRUIT —

- Lemons (2)
- Grapes
- Oranges (3)

PANTRY —

- Almond Flour
- Almond Milk*
- Apple Cider Vinegar
- Avocado Mayo*
- Avocado Oil
- Cashews
- Cassava Flour
- Chicken Broth*
- Coconut Aminos
- Coconut Milk, canned* (3)
- Garlic Powder*
- Ghee*
- Ground Ginger*
- Ketchup*
- Mustard*
- Olive Oil
- Onion Powder*
- Paprika
- Pine Nuts
- Red Wine Vinegar*
- Relish*
- Rice Vinegar*
- Sesame Seeds
- Sesame Oil
- Tapioca Starch/Flour
- Walnuts

**Check ingredients to ensure it is compliant/there are no additives for Whole30.*

week of: _____

MEAL PLAN

MON

B _____
L _____
D _____

TUES

B _____
L _____
D _____

WED

B _____
L _____
D _____

THURS

B _____
L _____
D _____

FRI

B _____
L _____
D _____

SAT

B _____
L _____
D _____

SUN

B _____
L _____
D _____

GROCERIES

