Melissa's
HEALTHY KITCHEN

Monday /

No bake brownie bliss balls

Chickpea faux "tuna" salad

Tuesday /

Cookies

Instant pot bbq chicken bowl with greens, instant pot potato salad, avocado

Wednesday /

Chia pudding

Mediterranean bowls

Thursday /

Chia pudding

Leftovers

Meal prep more items for rest of the week

Friday /

Weekend /

- Ground Lamb
- Red onions (2)
- Persian Cucumbers (6-8)
- Red bell pepper (3)
- Cilantro and Parsley
- 4-5 garlic cloves
- Cashews and almonds
- Mint and dill
- Bananas
- Red wine vinegar
- Lemons (4-5)
- Cauliflower
- Tahini
- Avocado oil
- Red potatoes
- Mayo
- Spicy brown mustard
- Green onions
- Apple cider vinegar
- Seasonings: turmeric, paprika, coriander, cumin, super gyro seasoning, garlic powder
- Cherry tomatoes
- Chicken breast (2)
- Chicken bone broth
- BBQ sauce of choice (1 jar)
- Greens for salads
- Olives
- 1 can chickpeas
- Celery
- Avocado
- Chia seeds, hemp seeds, flaxseed meal