



December Meal Guide

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<u>Spinach, Feta & Egg Breakfast Sandwiches</u> Pro-tip: meal prep on Sunday night	<u>Cookies & Cream Smoothie</u>	Leftover spinach, feta & egg breakfast sandwiches	Choose a <u>high-protein option that aren't eggs</u>	<u>Berry Cheesecake Overnight Oats</u>
LUNCH	<u>Avocado, Chicken & Corn Salad</u>	<u>Feta Chicken Meatball Bowls</u>	<u>Protein Packed Chicken & Edamame Salad</u>	Leftover feta chicken meatball bowls	<u>Grain Free Buddha Bowl</u>
DINNER	<u>Beef & Rice Bowls</u>	<u>Coconut Rice Salmon Bowls with Mango Salsa</u>	Leftover coconut rice salmon bowls	<u>Lemony Shrimp & Scallop Pasta</u>	Mindfully enjoy a meal out to take a break from the kitchen! *Remember the key components of building a <u>balanced plate</u>
SNACK	<u>Fond bone broth</u>	1-2 hard boiled eggs	¼ cup of raw nuts	Edamame + olive oil + sea salt	Cucumbers + ¼ cup of hummus
NOTES	*If vegetarian or vegan sub animal protein with a plant based source of protein like beans (lentils, chickpeas, black beans, etc), tofu, or quinoa.				

Smart Grocery Shopping Tips

1. Plan Ahead

Before heading to the store, create a detailed shopping list based on your needs. Check your pantry and fridge first to avoid buying duplicates or unnecessary items. Review your recipes and adjust serving sizes as needed to match your personal preferences and dietary goals.

2. Organize Your List

Structure your shopping list according to your grocery store's layout. This will save time and make it easier to grab what you need efficiently.

What to Look for When Shopping

- **Animal Proteins:** Opt for **grass-fed, grass-finished, organic, and hormone-free** meats. These options provide higher levels of omega-3s and antioxidants while reducing exposure to harmful chemicals. We recommend Force of Nature, which prioritizes regenerative farming and superior nutrition.
- **Poultry:** Choose **organic and antibiotic-free** poultry to minimize exposure to harmful substances and lower the risk of antibiotic resistance.
- **Eggs:** Look for **organic, pasture-raised** eggs, which are richer in vitamins and omega-3s.
- **Fish & Seafood:** Select **wild-caught and ethically sourced** seafood for better omega-3 content and fewer contaminants. Brands like Vital Choice support sustainable fishing practices while offering high-quality products.
- **Fruits & Vegetables:** Whenever possible, choose **organic** produce. Prioritize organic for items on the EWG's "Dirty Dozen" list, which tend to have higher pesticide levels, while non-organic options from the "Clean Fifteen" list are generally safer. **Frozen organic** produce is also a great, nutrient-rich alternative.

Shop Our Favorites

Explore our [Amazon Storefront](#) for pantry staples and non-toxic kitchen essentials we love!

