

# YOU CAN END *Emotional Eating*

SUGGESTED MEALS  
& SHOPPING LIST



# WEEKLY MEALS MADE EASY: WEEK 1

Here are your suggested meals for the week plus a shopping list to make planning easy as 1-2-3.

**PLEASE NOTE:** Snacks and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

# WEEK ONE'S PLAN

## YOUR "END EMOTIONAL EATING" MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dairy-Free Yogurt with Paleo Granola and Berries	Health Smoothie	Scrambled Eggs with Spinach	Love Me Smoothie	Vanilla Chia Protein Pudding	Divine Smoothie	Dairy-Free Yogurt with Paleo Granola and Berries
Olive Walnut Salad	Sweet Lime Zen Bowl with Salmon	Lemon Mint Rotisserie Chicken Salad	Chicken Salad with Crackers	Walnut Pâté Salad with Roast Beef	Sliced Chicken Deli Wrap	Tuna Salad with Sweet Potato
Love Me Paleo Turkey Loaf with Cucumber Salad	Love Me Paleo Meatballs with Marinara and Salad	Codfish with Roasted Vegetables and Sweet Potato	Love Me Burger with Sweet Potato Fries	Love Me Paleo Chicken Sweet Potato Bowl	Love Me Paleo Salmon and Green Beans	Meat Chili with Side Salad

# SHOPPING LIST WEEK 1

## VEGETABLES

- Kale, chopped – 6 c
- Spinach – 1 c
- Baby Spinach – 2 c
- Mixed Greens – 22 c
- Cucumbers – 8
- Carrot, shredded – 5 c
- Carrots, large – 4
- Scallions – 6
- Radishes – 5
- Sweet Potatoes – 8
- Onions – 5
- Red Onion, small – 1
- Bell Pepper – 1
- Romaine – 5 heads
- Green Beans, fresh or frozen – 1 lb
- Asparagus – 1 lb

## FRUIT

- Fresh Berries – 2 c
- Avocados – 9
- Strawberries – ½ c
- Pineapple – ½ c
- Raspberries – ½ c
- Cherry Tomatoes – 1 c
- Apple – 1
- Lemons – 10
- Olives, pitted – ¼ c
- Limes – 2
- Tomatoes – 4

## CONDIMENTS, SWEETENERS & OTHER

- Coconut Flakes, unsweetened – 3½ c
- Honey

- Coconut Oil
- Extra Virgin Olive Oil
- Plant-Based Protein or Collagen
- Raw Cacao Powder
- Salsa – ¼ c
- Paleo Wraps, large – 2
- Dijon Mustard
- Flax Crackers – 8 crackers
- Almond Flour – ½ c
- Barbecue Sauce – ½ c
- Marinara Sauce, sugar free – 2 c
- Chicken Broth – 1 c (optional, water may be used instead)
- Diced Tomatoes, 14.5-oz. can – 1
- Dulse – 1 tbsp

## MEAT, POULTRY & FISH

- Eggs – 4
- Rotisserie Chicken – 1 whole + 1 c
- Deli Turkey, nitrate free – 4 slices
- Deli Roast Beef, nitrate free – 4 slices
- Deli Chicken, nitrate free – 6 slices
- Salmon, 6-oz. can – 1
- Tuna, 5-oz. can – 1
- Ground Turkey – 1 lb
- Ground Chicken – 1 lb
- Ground Beef – 2 lb
- Salmon Fillets – 4
- Codfish Steaks – 4
- Chicken Breasts, boneless – 4

## DAIRY FREE

- Dairy-Free Yogurt, 8-oz – 2
- Dairy-Free Milk – 6 c

## SEEDS & NUTS

- Walnuts – 3 c
- Pumpkin Seeds – 1 c
- Sunflower Seeds – ½ c
- Chia Seeds – ½ c
- Black Sesame Seeds – 2 tbsp

## HERBS & SPICES

- Sea Salt
- Black Pepper
- Nutmeg
- Cinnamon
- Ground Ginger
- All Purpose Seasoning, salt free
- Cayenne Pepper
- Garlic Powder
- Italian Seasoning
- Dried Basil
- Ground Cumin
- Turmeric
- Chili Powder
- Vanilla Extract, alcohol free
- Garlic – 10 cloves
- Mint – 1 handful
- Basil, chopped – 1 c
- Parsley – 2 bunches
- Cilantro – 1 bunch

# JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

