

WEEK One



MENU

Breakfast:

- Plantain and Chicken Hash (Can sub chicken for any compliant protein)
- Scrambled Eggs and Veggies

Lunch:

- Jerk Chicken Salad
- Left Overs from Dinner

Dinner:

- Instant Pot Dry Food with Oven Broiled Salmon
- Roasted Chicken (Caribbean Style)
- Shrimp and Tomato Stew with baked sweet potatoes
- Beef Curry and cauliflower rice
- Chicken and Root Vegetable Soup

SHOPPING LIST:

Root Vegetables:

- Sweet Potatoes
- Yellow Plantains
- Frozen or Fresh Cassava (Yuca)
- Yams
- Other root veggies of your choice
- Carrots
- Potatoes

Herbs, spices, etc

- Onions
- Garlic
- Fresh Thyme
- Coconut milk or fresh/frozen coconuts to make coconut milk
- Scallions/green onions
- Garlic Powder
- Onion Powder
- All Spice whole berries and ground all spice
- Ground Ginger / Ginger Powder
- Parsley Flakes
- Paprika
- Cayenne Pepper
- Black Pepper
- Salt
- Ground Turmeric
- Curry Powder
- Ground Cumin
- Ground Coriander
- Bay Leaf
- Fresh or dried thyme

WEEK One cont'd

Vegetables:

- Baby bell peppers (can sub for regular bell peppers)
- Plum tomatoes
- Avocados (I use avocados as my plated fat in most of my meals)
- Any combination of compliant mixed vegetables to eat with your eggs. My favs are mushrooms, broccoli, cauliflower, zucchini, spinach, tomatoes and butternut squash.
- Cauliflower for ricing or frozen cauliflower rice
- Pumpkin (fresh or frozen)
- Fresh Ginger
- Habanero or scotch bonnet pepper
- Salad mix of your choice

Protein:

- Chicken breast or chicken thighs
- Whole chicken/s
- Shrimp
- Beef (can sub for lamb or mutton if you don't eat beef)
- Salmon or other fish
- Eggs
- Ground Chicken

Condiments:

- Compliant salad dressing (Read the labels to ensure that there is no sugar or ingredient that is not approved)
- Compliant Ketchup (Read the labels to ensure that there is no sugar or ingredient that is not approved)
- Compliant Mustard (Read the labels to ensure that there is no sugar or ingredient that is not approved)
- Compliant pepper and hot sauce (Read the labels to ensure that there is no sugar or ingredient that is not approved)
- Coconut Aminos
- Jerk Seasoning