

# SHOPPING LIST

## MOOD BOOSTING MEALS

Black Bean & Sausage Soup  
Greek Style Wild Salmon Bowls w/ Homemade Tzatziki Sauce  
Blueberry Smoothie

### PRODUCE

- 1 bunch celery
- 3 carrots
- 1 bunch scallions
- 2 cups cherry tomatoes
- 2 english cucumbers
- 4 cups baby spinach
- 3 lemons
- 1 bunch fresh dill
- 1 head garlic
- 1 apple

### MEAT

- 4 sausage links (we like turkey kielbasa, but you choose your favorite!)
- 16-24 oz skinless wild salmon

### DAIRY/COOLER

- 14 oz plain greek yogurt
- 1/4 cup light sour cream
- 1 container hummus
- 1/4 cup unsweetened almond milk

### FREEZER

- 5 cups cauliflower rice
- 1/2 cup frozen blueberries

### FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 tsp dried thyme
- 2 cans diced fire roasted tomatoes
- 4 cans black beans
- 1 quart vegetable stock
- 1 tsp garlic powder
- 2 tsp smoked paprika
- 1/2 tsp red pepper flakes
- 3 tsp dried oregano
- 1/4 cup red wine vinegar
- 1 jar kalamata olives
- 1 cup oats
- 1 cup raw cashews
- 3 Tbsp chia seeds
- 2 Tbsp flax seeds
- 1 Tbsp brown sugar
- 3 Tbsp coconut oil
- 2 Tbsp honey
- 2 tsp vanilla extract
- 2 Tbsp mini chocolate chips
- 2 Tbsp peanut butter chips
- flaky salt
- 1 Tbsp almond butter
- 1 date

# BLACK BEAN & SAUSAGE SOUP

## PREP TIME

15 mins

## COOK TIME

40 mins

## SERVINGS

6-8

## INGREDIENTS

2 Tbsp extra virgin olive oil  
4 links (about 12 oz) sausage, sliced into 1/4" rounds\*  
1/4 cup celery, diced very small  
1/2 cup carrots, sliced into 1/4" rounds

1 tsp dried thyme  
2 cans diced fire roasted tomatoes  
4 cans black beans, drained & rinsed  
1 quart vegetable stock  
salt & black pepper  
1 bunch scallions

## INSTRUCTIONS

- 1.** Heat oil in a stock pot over medium-high. Add sausage and cook, stirring often, until crisp. Transfer to a bowl.

**2.** To stock pot, add celery, carrots, and thyme. Cook until softened, about 4 minutes.
- 3.** To carrot and celery mixture, stir in tomatoes, black beans, and vegetable stock. Bring to a boil and simmer for 15-20 minutes.

**4.** Season soup with salt and pepper. Serve in bowls topped with scallions. Enjoy!

\*this is super flexible! Use whatever you'd like:  
turkey kielbasa, spicy chicken sausage, vegan sausage... you name it!

# GREEK STYLE WILD SALMON BOWLS

## PREP TIME

15 mins

## COOK TIME

30 mins

## SERVINGS

4

## INGREDIENTS

### SALMON

16-24 oz skinless wild salmon, cut into 1" chunks  
salt & pepper  
1 tsp garlic powder  
2 tsp smoked paprika  
1/2 tsp red pepper flakes  
1 tsp dried oregano  
3-4 Tbsp olive oil

### DRESSING

1 lemon, zested & juiced  
1/4 cup red wine vinegar  
1/2 cup olive oil  
1 clove garlic, minced  
2 tsp dried oregano  
salt & pepper

### BOWLS

4 cups cooked rice or cauliflower rice  
2 cups cherry tomatoes, halved  
1 english cucumber, diced  
1 cup kalamata olives  
4 cups baby spinach  
1 cup hummus  
1 cup tzatziki (store-bought, or recipe follows!)

## INSTRUCTIONS

**1. For salmon:** Add salmon to a large zip-top bag and add salt, pepper, and spices. Shake to evenly coat.

**2.** Heat a large skillet over medium heat. Once nice and hot, drizzle in olive oil and add salmon. Sear on all sides, about 2-3 minutes per side. Turn off heat.

**3. For dressing:** Add all ingredients to a jar with a tight fitting lid. Shake to combine.

**4. For bowls:** Divide the rice between bowls and evenly divide all toppings between the bowls. Add salmon bites and drizzle with dressing. Enjoy!

# HOMEMADE TZATZIKI SAUCE

**PREP TIME**

20 mins

**COOK TIME**

25 mins

**SERVINGS**

4-6

## INGREDIENTS

1 seedless cucumber  
14 oz. plain nonfat Greek yogurt  
1/4 cup light sour cream  
1 lemon, zested & juiced

1 Tbsp red wine vinegar  
2 Tbsp fresh dill, minced  
2 cloves garlic, minced

## INSTRUCTIONS

1. Grate the cucumber on a box grater and squeeze out some of the liquid.
2. Place cucumber in a medium bowl and stir in Greek yogurt, sour cream, lemon zest and juice, dill, garlic, salt and pepper (to taste)

# BLUEBERRY SMOOTHIE

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## PREP TIME

5 mins

## COOK TIME

0 mins!

## SERVINGS

1

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## INGREDIENTS

½ cup frozen blueberries  
½ cup frozen cauliflower rice  
1 apple, cored & chopped  
1 tablespoon almond butter  
1 Tbsp chia seeds  
¾ cup unsweetened almond milk  
1 date, pitted & roughly chopped  
Juice of ½ lemon

## INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!