



Whole Food Meal Plan from Seasonal Cravings

Chicken Thai Basil with Zucchini Noodles

Acorn Squash Soup with Turmeric

Sheet Pan Chicken Fajitas

Greek Zucchini Noodle Salad

Slow Cooker Mexican Chicken Soup

Produce

- garlic cloves (4) (2) (3)
- red bell pepper (1) (1)
- sugar snap peas (1/2 C)
- zucchini noodles (1 C)
- zucchinis (2 to spiralize)
- acorn squash (1)
- diced/shredded carrot (1 C)
- onion (1 small) (1) (1)
- apple (1/2)
- yellow bell pepper (1)
- grape tomatoes (1/2 C)
- English cucumber (1/2 C)
- lemon (1/2)
- sweet potatoes (2 C)

Herbs

- fresh basil (1/2 C Thai) (1/4 C)
- cilantro (optional)
- green onions (optional topping)

Spices

- crushed red pepper (dash)(dash)
- ginger (1/2 t) (1 t)
- turmeric (1 t)
- cumin (1 T) (1 1/2 T)
- chili powder (1 T) (1 T)
- herbes de provence or thyme (1 t)

Meat & Poultry

- chicken breasts (1 lb) (1 lb)
- skinless boneless chicken thighs (4)

Dairy

- basil and tomato feta, crumbled (1/2 C)
- cheese (optional topping)
- sour cream (optional topping)

Beans

- black beans (2, 15 oz cans)

Bread & Tortillas

- flour or corn tortillas (for serving)

Pantry Items

- sesame oil (2 T)
- tamari or coconut aminos (3 T)
- fish sauce (2 t)
- olive oil (1 T) (1/2 C)
- unsweetened coconut milk (14 oz can)
- black olives (1/2 C)
- red wine vinegar (1/3 C)
- mild diced green chilis (1, 5 oz)
- chicken broth (4 C)