

GOOD EATS

WEEKLY
MEAL PLAN

THE

DIRTY FLOOR DIARIES

KUNG PAO CHICKEN

- *Chicken breast or thighs
- *Coconut aminos or Tamari
- *Rice wine or white wine
- *Untoasted, cold-pressed
sesame oil
- *Tapioca Flour
- *Chili Paste
- *Fresh Ginger
- *Garlic
- *Celery
- *Walnuts
- *Water Chestnuts
- *Green Onions
- *Zucchini noodles or Caulirice

SLOW COOKED MOROCCAN SPICED SHREDDED BEEF

- *Boneless Beef Chuck Pot Roast
- *Onion
- *Lemon
- *Orange
- *Cauliflower
- *Raisins
- *Slivered Almonds
- *Green Onion
- *Dried Apricots

Herbs, Spices, & Other Ingredients:
Coarse salt, coriander, cumin, black
pepper, ground ginger, ground
cloves, cayenne pepper, EVOO,
turmeric, cinnamon

PANANG BEEF CURRY

- *Skirt Steak
- *Onion
- *Medium Carrots
- *Full-Fat Coconut Milk
- *Coconut aminos or Tamari
- *Fish Sauce
- *Lemon
- *Head of Cauliflower

Herbs, Spices, & Other
Ingredients:

Thai Basil leaves (or regular
basil), cashews for garnish, Thai
Red Curry Paste, lard or coconut
oil

PORK POSOLE WITH TOSTONES

- *Boneless Pork Shoulder Roast
- *Turnip or Celery Root
- *Onion
- *Garlic
- *Poblano Chile
- *Green bell pepper
- *Cilantro
- *Full-Fat Coconut Milk
- *Green Plantain
- *Lime

Herbs, Spices, & Other Ingredients:
Oregano, Sweet Paprika, Coarse
Salt, Salt, Coriander, Cumin,
Cayenne Pepper, Extra Virgin Olive
Oil

ONE-PAN HERB CRUSTED ROASTED SALMON

- *Salmon Filets
- *Lemon
- *Almond Flour
- *Broccoli
- *Sliced Almonds

Herbs, Spices, & Other
Ingredients:
Fresh basil, fresh parsley,
Extra virgin olive oil, Salt,
Black Pepper, Lemon Zest