### 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

**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