

Healthy 4th of July

MENU & GROCERY LIST



Red, White and Blue Fruit Pizza

PROTEIN & DAIRY

- 1 whole egg (*may substitute 1 Tbsp. ground flax + 3 Tbsp. water*)
- 1/2 cup plain Greek yogurt or coconut cream (*use coconut cream for paleo-friendly*)
- 1 1/4 lbs. boneless, skinless chicken breasts
- 1 lb. ground beef or bison (*preferably grass-fed*)
- 8 slices uncured bacon
- 1/2 cup feta cheese, crumbled (*omit for vegan, dairy-free and Whole30-friendly*)

PRODUCE:

- 1 cup fresh berries of choice
- 1 cup strawberries
- 1 large grapefruit
- 2 cups fresh pineapple chunks
- 4 limes
- 2 avocados
- 3 medium cucumbers
- 2 red onions
- 2 yellow onions
- 1/2 green pepper
- 2 bell peppers
- 1 small jalapeño
- Juice of 1 lime
- 1/4 cup cilantro
- 8 mint leaves
- 1 cup fresh basil
- 1 12-oz. bag broccoli slaw
- 7 cups chopped kale
- 3/4 cup cherry tomatoes
- 8 oz. cremini or white button mushrooms
- Fresh ginger, 2-inch piece
- Leaf lettuce for burgers (+ other burger toppings)

CANNED AND DRY GOODS:

- 1/3 cup kalamata olives
- 2/3 cup artichoke hearts, canned
- 2 15-ounce cans Great Northern beans, drained and rinsed
- 1/2 cup chopped pecans
- 1 cup almond flour
- 2 Tbsp. coconut flour
- 3 Tbsp. honey
- 2 Tbsp. maple syrup (*or less if your ketchup has added sugar*)
- 1 Tbsp. molasses
- 3/4 tsp. pure vanilla extract

- 1/2 cup roasted pumpkin seeds
- 1/2 cup dried cranberries
- 1/3-1/2 cup Greek Vinaigrette Dressing or see recipe option
- 1/4 cup coconut aminos
- 2 cups sparkling water
- 12 oz. vodka or clear rum
- 64 oz. ginger kombucha
- Organic blue corn tortilla chips
- Optional toppings for Fruit Pizza such as nuts or nut butter, coconut flakes, chia seeds, pumpkin seeds, chocolate chips, etc.
- Metal or wood skewers

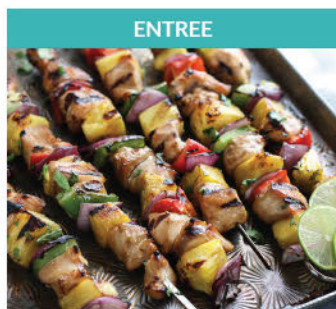
OILS, SPICES & CONDIMENTS:

- 1/2 cup ketchup
- 2 Tbsp. yellow mustard
- 1/4 tsp. cumin
- 1 Tbsp. coconut oil
- 1/4 cup mayonnaise
- 1/4 cup apple cider vinegar
- 1/2 tsp. garlic powder
- 1/4 tsp. dried ground ginger
- 1 Tbsp. toasted sesame oil
- 1/2 tsp. garlic powder
- 1 Tbsp. avocado oil



APPETIZER

Grapefruit Avocado Salsa



ENTREE

Teriyaki Chicken & Pineapple Kebabs



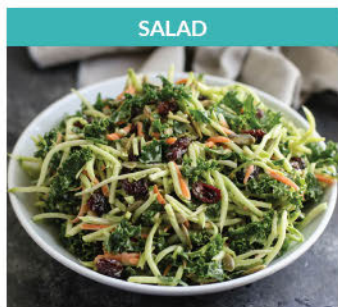
ENTREE

Grilled Bacon Burgers



COCKTAIL

Cucumber Basil Kombucha Mule



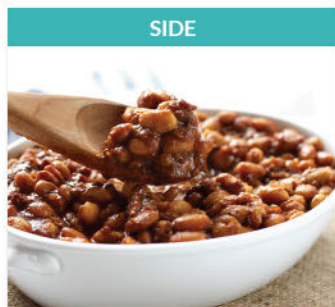
SALAD

Creamy Broccoli Slaw with Cranberries



SALAD

Greek Kale Salad



SIDE

Slow Cooker Baked Beans with Bacon



COCKTAIL

Strawberry Mojito Kombucha Cocktail