Whole FOODIE challenge

THUG KITCHEN

21 DAY CHALLENGE

MEAL PLAN

WEEK 3

RECIPE LIST

1 2

BREAKFAST	Quinoa Oatmeal	link
LUNCH	Cobb Salad	Page 104
SNACK	Grilled Snap Peas with Peanut Dipping Sauce	link
DINNER	Smokey Bean and Spinach Sliders	link
DRINK	Peach Juleps	Page 192
DESSERT	Peachy Almond Tapioca Pudding	Page 10

Recipes are found from the following places:

Book 1—Thug Kitchen: The official cookbook (2014)

Book 2—Thug Kitchen: Party Grub (2015)

Website—www.thugkitchen.com

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NUTRITIONAL CONTENT

WEEK 3

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
Quinoa Oatmeal	258	6.3 g	8.1 g	42.6 g	1 g	7.6 g
Cobb Salad	310	23.4 g	6.3 g	22 g	6.3 g	7.2 g
Smokey Bean and Spinach Sliders (no bun)	133	0.5 g	7.5 g	25.6 g	1.4 g	5.4 g
Grilled Snap Peas with Peanut Sauce	251	14.2 g	7.9 g	21.8 g	11.7 g	4.5 g
Peach Juleps	88	0.1 g	0.5 g	6 g	4.8 g	0.9 g
Peachy Almond Tapioca Pudding	136	0.9 g	1.3 g	31.7 g	14.8 g	2.1 g

Please note that all nutritional content is based on serving size in the recipe and does not contain any optional ingredients or side items

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GROCERIES

WEEK 3

RECIPE LEGEND:

1	Quinoa Oatmeal	4	Smokey Bean Spinach Sliders
2	Cobb Salad	5	Peach Juleps
3	Grilled Snap Peas	6	Peach Almond Tapioca Pudding

PRODUCE

1 cup	Blueberries[6]	10 each	Mint leaves[5]	6 each	Peach[5,6]
5 each	Garlic clove[3,4]	1 cup	Onion[4]	1 lb	Snap peas[3]
1 1/2 tsp	Ginger[3]	2 tsp	Oregano[4]	2 cups	Spinach[4]
3 tbsp	Lemon juice[5,6]				
3 tsp	Lime juice[3]				

PANTRY STAPLES

1 1/2 cups	Almond milk[1,6]	1 tbsp	Liquid smoke[4]	8 each	Slider buns[4]
10 each	Bamboo skewers[3]	3 tbsp	Maple syrup[3,6]	4 tsp	Soy sauce[3,4]
1/4 cup	Bourbon[5]	1 tbsp	Olive oil[3]	2 cups	Sparkling water[5]
1/2 cup	Breadcrumbs[4]	1 tbsp	Paprika[4]	1 cup	Steel cut oats[1]
1/2 cup	Brown rice[4]	1/3 cup	Peanut butter[3]	1 tsp	Sugar[5]
1 tsp	Coconut oil[1]	1/2 cup	Quinoa[1]	1/2 cup	Tapioca pearls[6]
3 cups	Kidney beans[4]	2 tsp	Rice vinegar[4]	1/2 tsp	Vanilla extract[6]