

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - HUNGARIAN GOULASH

2 - 2 1/2 POUNDS BEEF STEW MEAT  
2 TSP SEA SALT  
1/2 TSP BLACK PEPPER  
2-4 TBSP GHEE OR BUTTER  
2 RED BELL PEPPERS  
1 LARGE ONION  
3 CLOVES GARLIC  
3 TBSP SWEET PAPRIKA  
1 TSP HOT HUNGARIAN PAPRIKA  
1 TSP WHOLE CARAWAY SEEDS  
3 TBSP RED WINE VINEGAR  
2 TBSP TAPIOCA FLOUR  
2 TBSP TOMATO PASTE  
3 CUPS BEEF BROTH

### TUESDAY - GREEN CURRY ZOODLES

1 TBSP AVOCADO OIL  
1/2 CUP RED ONION  
1 BROCCOLI CROWN  
1 CUP DICED FRESH PINEAPPLE  
4-5 OUNCES SUGAR SNAP PEAS  
1 CUP FULL-FAT COCONUT MILK  
3 TBSP THAI GREEN CURRY PASTE  
1-2 TSP ASIAN CHILI PASTE  
1/2 LEMON  
1 LB. UNCOOKED LARGE SHRIMP  
2-3 MEDIUM ZUCCHINI  
2 TSP SESAME SEEDS

### THURSDAY - VEG. PALEO CHILI

2 TBSP AVOCADO OIL  
1 RED ONION  
1 GREEN BELL PEPPER  
1 RED BELL PEPPER  
1 MEDIUM SWEET POTATO  
2 1/2-3 CUPS OF BUTTERNUT SQUASH  
4 GARLIC CLOVES  
1 TBSP CHILI POWDER  
1 TSP GROUND CUMIN  
1 TSP CAYENNE PEPPER  
2 TSP UNSWEETENED COCOA POWDER  
1/4 TSP GROUND CINNAMON  
1 28-OUNCE CAN DICED TOMATOES  
1/2 CUP FRESH CILANTRO  
EGGS FOR SERVING (OPTIONAL)

### MONDAY - GROUND TURKEY SOUP

4 SLICES THICK-CUT BACON  
1/2 YELLOW ONION  
1 LB GROUND TURKEY  
3 SMALL YUKON POTATOES  
2 LARGE CARROTS  
1 ZUCCHINI SQUASH  
4 CUPS CHICKEN BROTH  
1 CUP CANNED COCONUT MILK  
3 CUPS BABY SPINACH

### WEDNESDAY - PESTO SQUASH

1 LARGE SPAGHETTI SQUASH  
1 CUP AVOCADO OIL  
1.5 LBS BONELESS SKINLESS  
CHICKEN THIGHS OR BREASTS  
1 TSP PAPRIKA  
1 TSP GROUND CUMIN  
2 CUPS FRESH BASIL  
2/3 CUP RAW PUMPKIN SEEDS  
1 CLOVE GARLIC  
1 CUP PARMESAN CHEESE

### FRIDAY - SWEET PO KALE SALAD

2 TO 4 LARGE EGGS  
2 HEADS LACINATO (TUSCAN) KALE  
1 LARGE SWEET POTATO  
1 LARGE AVOCADO  
1/3 CUP RAW WALNUTS  
1/4 CUP RAW PUMPKIN SEEDS  
1/3 CUP FETA CHEESE (OPTIONAL)  
1/3 CUP AVOCADO OIL  
1/4 CUP LEMON JUICE  
2 TSP PURE MAPLE SYRUP (OPTIONAL)  
1/4 CUP FRESH MINT  
1/4 CUP FRESH PARSLEY"

### DESSERT - CRANBERRY CRUMB BARS

1/2 CUP PALM OIL SHORTENING  
1/2 CUP ALMOND BUTTER  
6 TBSP COCONUT SUGAR OR HONEY  
2 TBSP COCONUT OIL  
1 EGG  
1 TSP VANILLA EXTRACT  
10-15 DROPS VANILLA STEVIA  
ZEST FROM 1 LARGE ORANGE  
1 CUP BLANCHED ALMOND FLOUR  
1/3 CUP TAPIOCA FLOUR  
1/4 TSP BAKING SODA  
1 CUP LEFTOVER CRANBERRY SAUCE