

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - RED CURRY CHICKEN

3 LBS CHICKEN THIGHS OR BREASTS
3 TBSP RED CURRY PASTE
2 TBSP COCONUT AMINOS
3 JUICY LIMES
1 TBSP + 1 TSP FISH SAUCE
1 1/2 TSP SALT
1 13.5-OUNCE CAN OF COCONUT MILK
1 MED CABBAGE, SHREDDED
3 GREEN ONIONS
2 TBSP AVOCADO OIL
2 TSP HONEY
1/2 - 1 TSP ASIAN CHILI PASTE

TUESDAY - ZUPPA TOSCANA

1 TBSP AVOCADO OIL
1 POUND BULK ITALIAN SAUSAGE
1 MEDIUM ONION, CHOPPED
4 CLOVES GARLIC, MINCED
1/4 TSP RED PEPPER FLAKES
2 RUSSET POTATOES
1 BUNCH KALE
1 1/2 QTS CHICKEN BROTH
2 TBSP RED WINE VINEGAR
1 CUP CREAM OR COCONUT MILK
SALT AND PEPPER
CHOPPED PARSLEY, PARMESAN, AND BACON,
FOR GARNISH (IF DESIRED)

THURSDAY - BUTTERNUT SOUP

1 MEDIUM BUTTERNUT SQUASH
2 C CARROTS
1 YELLOW ONION
2 TBSP OLIVE OIL
1 TBSP OF FRESH GINGER
2 CLOVES OF GARLIC, CRUSHED
4 CUPS LOW SODIUM CHICKEN BROTH
1/4 TSP GROUND NUTMEG
1/4 TSP SEA SALT
1/4 TSP GROUND PEPPER

DESSERT - STRAW SOUFFLES

8 OZ STRAWBERRIES (THAWED, IF FROZEN)
2 TSP LEMON JUICE
3 TBSP HONEY, DIVIDED
3 EGG WHITES, DIVIDED
6 6-OUNCE RAMEKINS (8-OUNCE RAMEKINS
ARE FINE, TOO)

MONDAY - SALMON IN PARCHMENT

1 3/4 POUND SALMON FILLET
1 TSP PAPRIKA
1 TSP GROUND GINGER
1 TSP DRIED DILL
1/4 CUP KALAMATA OLIVES
1/4 CUP SUN-DRIED TOMATOES
1/3 CUP ARTICHOKE HEARTS
1/4 CUP CAPERS
1/3 CUP PESTO SAUCE
1 SPRIG FRESH DILL, OPTIONAL

WEDNESDAY - SQ BOLOGNESE

1 TBSP AVOCADO OIL
1/2 YELLOW ONION
5 CLOVES GARLIC
1 LB BEEF
1 TBSP DRIED OREGANO
1 TBSP DRIED PARSLEY
1 TBSP PAPRIKA
2 TSP DRIED THYME
2 TSP DRIED ROSEMARY
2 TSP DRIED BASIL
1/4 TSP CAYENNE, OPTIONAL
1 (28-OUNCE) CAN CRUSHED
TOMATOES
3 TBSP TOMATO PASTE

FRIDAY - BALSAMIC CHX CAESAR

1.5 TO 2 LBS BONELESS CHICKEN
BREASTS
1/2 CUP AVOCADO OIL
3 TBSP BALSAMIC VINEGAR OR
CIDER VINEGAR
5 CLOVES GARLIC
1/3 CUP FRESH LEMON JUICE
1 TBSP ANCHOVY PASTE
1 TBSP MAYONNAISE
2 TSP STONE GROUND MUSTARD
2 TSP PURE MAPLE SYRUP,
OPTIONAL
2 TBSP PARMESAN CHEESE,
OPTIONAL
1 TSP DRIED OREGANO
5 OUNCES ROMAINE HEARTS
2.5 OUNCES SPRING GREENS